



Lifestyle Redesign

Promoting Health and Well-Being Through Occupation

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Purpose

Acquiring health-promoting habits and routines in daily life in order to enhance health and psychosocial well-being, through use of meaningful occupations (cultural and personal meaningful activities of daily life).

Methods of Program Delivery

Didactic Presentation

- Education by therapists and guest speakers

Peer Exchange

- Sharing personal experiences among participants

Direct Experience

- Real-life application of concepts

Personal Exploration

- Internalization of concepts

Occupational Performance Areas

ADLs, IADLs, Leisure, & Social Participation

- Health management and maintenance, medication management, meal preparation, community mobility, financial management, leisure participation, etc.

Health Related Outcomes

- Enhanced Physical Health
- Improved Mental Health
- Superior Occupational Functioning
- Increased Satisfaction of Life

Topics



Expected Dynamic Changes

- Selection of Occupations
 - Increased balance
 - Heightened flexibility
 - More overt strategizing
- Experienced Meaning
 - Enactment of “flow”
 - Improved connections to life course
 - Enhanced meaning in daily routine

Outcome Measures

- PASS- Performance Assessment of Self-care Skills
- DASS- Depression, Anxiety, & Stress
- MFIS- Modified Fatigue Impact Scale

References

Jackson, J., Carlson, M., Mandel, D., Zemke, R. and Clark, F. (1998). Occupation in Lifestyle Redesign: The Well Elderly Study Occupational Therapy Program. *American Journal of Occupational Therapy*, 52, 326-336.