

Tip #7 Ensuring the Problems Identified are Occupation-based



Explain that therapy focuses on enabling their occupations within specific areas, e.g. taking care of self and others, working, volunteer work, leisure pursuits. Suggest examples.



Let them know you will be asking them to identify occupation(s) “they want to do, need to do or are expected to do, but can’t do, don’t do or aren’t satisfied with the way they do it.”



Encourage them to think about a typical day and describe the occupations that they usually do but are challenging now.



If problems identified are not occupations (e.g. pain, mood, moving) ask “What can’t you do because of this issue?”



Emphasize the focus is on WHAT occupations are challenging and not WHY.