

Principles and Practices of Doing (PPOD)

A

“Handy OT Model”

“All about the
Dimensions of Occupation”

Lynda Hughes

and

Rebecca Spilsbury

The Handy OT

Email: lynda.hughes@thehandyot.co.uk or rebecca.spilsbury@thehandyot.co.uk

Aim:

To provide:

- **new ways of thinking about occupation**
 - **a practical tool at your fingertips**

to support the theory and practice of occupational therapy.

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A NEW WAY OF CONSIDERING LIFEFROM AN OCCUPATIONAL PERSPECTIVE

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Our Backgrounds:



- Education
- Health Care Management
 - Clinical Practice
 - Private Practice
- OT Collaborative Partnership



- Working across many specialities in the realms of loss (dementia).. developed a deep understanding of what really matters in occupation – the core elements

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Exposed Critical Qualities of Occupation:

identifies

- why different occupations can produce similar experiences
- why similar occupations produce different experiences
- Why golf does it for Dave and painting does it for me!



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The Handy OT Model

So far: Developed and used in:

- clinical practice in dementia, mental health, community rehab and other settings.
- personal development workshops and one to one and group support with: teenagers, relationship support, coaching, retirement planning, bereavement and end of life planning

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The Handy OT Model can be:

Philosophy

Theory

Model



Simple terms -
Ways of
organizing
ideas

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The Handy OT Model

A Process / Programme / Mechanism

An Outcome Measure

A means of, making an action plan and
measuring change...

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Handy OT Model proposes that:

- We experience life through occupation.
- Our emotions and feelings arise primarily from 4 core elements of occupations:
 - Choice
 - Challenge
 - Meaning
 - Connection

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Get your glove on!



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Choice: The power and opportunity to make choices is essential to human life.

- Identity
- Individuality
- Desires
- Freedom
- Empowerment
- Autonomy
- Past, present and future.
- Supports us to live the life we want.



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Through occupation we experience **Choice ...**

Write 'choice' on your choosing finger

Feelings from choice:

- + Free, in control, self identity
- Oppressed, depressed, disempowered
- ✓ E.g End of life dad and son

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Through occupation we experience **Challenge...**

The opportunity to experience challenge is essential to human life. Through challenge and effort we experience satisfaction, achievement, pride and can enjoy the fruits of our labour.

Write challenge on your challenge finger

Too much challenge:
overwhelming!

Not enough challenge :
boredom, dissatisfied

Changes over lifespan
Can go hand in hand
with risk.



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Challenge:

Provides opportunities for change and growth.

‘The Just right challenge’

Feelings:

- + Fulfilled, satisfied achievement, proud
- - Hopeless, stressed paralyzed, give up
- ✓ Toddler and the sandwich packet.

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Through occupation we experience **meaning**...

- Essential to human life, identified by doing things that are important, significant and that matters to us
- Unique to us all – my meaning is different to yours
- Shaped by experience, values and beliefs.
- Changes over time and experiences. (including changes to our mental or physical health).
- Represented by our occupations
- Anchor to all other domains



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Meaning:

Through occupation we experience meaning...

Feelings:

+Worthwhile, purpose,
secure, passionate

- Pointless,
disengaged, fed up,
lost
- ✓ Eileen and the euro's
situation

Write 'meaning' on your meaning finger



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Meaning:

- “Those who have a why to live
can bear almost any how”
(Frankl 2006)



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Connection... an essential element of human experience.

- Defined by our relationships with people, other living things, nature, our culture, ourselves, higher sources.
- Experienced through our occupations.
- Can change and can be affected by illness, disability or loss, such as loss of sight, altered communication, depression or limited mobility.
- Is affected by changing physical, social and emotional environment.



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Through occupation we experience **Connection**

Write 'connection' on your pinky finger

Feelings:

+Belonging, valued, loved,
present, reassured

- Isolated, lost, insecure,
disconnected, needy
- ✓ James and his rowing
past and future



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Connection



” if we were to design a human zoo a note should be added – do not house in isolation”

(Loneliness by J Cacioppo and W Patrick 2009)

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Through occupation we experience...

Contrast

- Contrast is an essential feature of human life.
- Its only in the presence of one thing can we appreciate its partner opposite.
- A day off can be relished because other days are working days
- The comfort of our sofa is enjoyed in contrast to a long day in an office chair

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Through occupation we experience...

Write it on the back of your hand

- **Contrast**

Feelings:

+ Enjoyment, appreciation and perspective, self knowledge and knowing our boundaries and desires.

- intolerance, limited and fearful
- FMNC Wet day hiking group K
- OA MH ward

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Through occupation we have opportunity to
experience...

Flow

- We make decisions and take action from three sources of motivation: body, mind, higher self (soul).
- when each of these are in alignment everything flows!



SOUL GOAL

Vision
Soul

Plan
Mind

Action
Body

SMART

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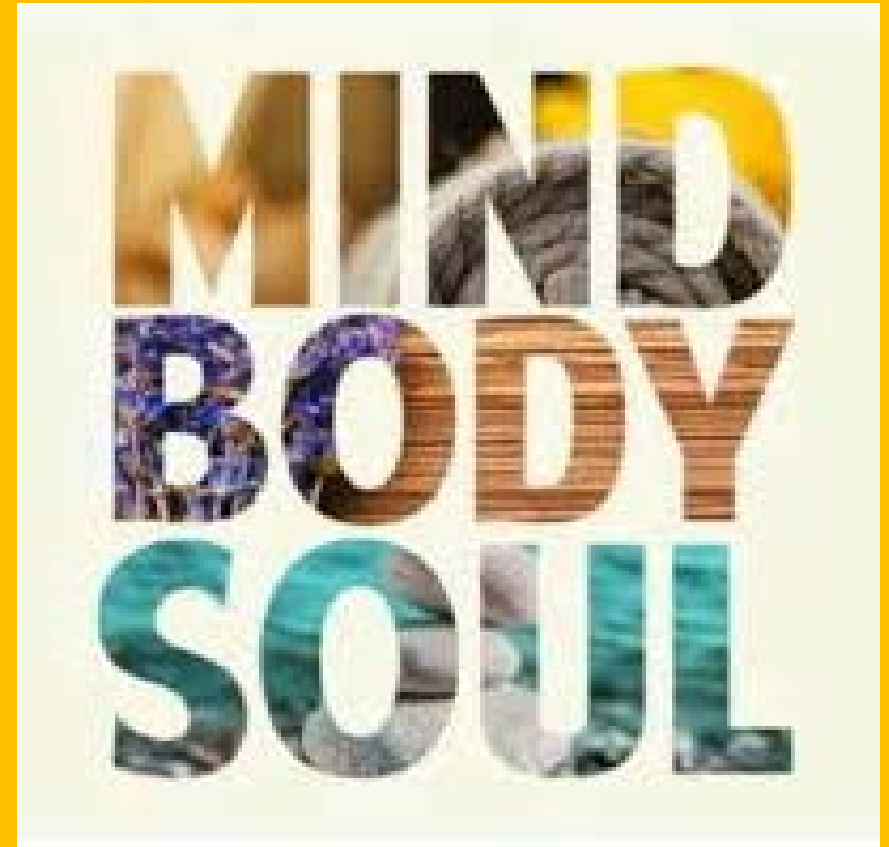
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Through occupation we have opportunity to experience...

- **Flow**

Write it on your thumb

- Feelings:
 - + absorption, peace, clarity and focus
 - misalignment, not being true to self, leads to regret
 - ✓ Dentist, dementia and painting – engrossed, serene and focus
 - ✓ Christmas!!!



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Occupational Outcomes

- Occupations create opportunity to experience feelings.....
- Feelings are a result of our occupations
- **Remember: When we experience ill health which impacts our occupations we lose the opportunity to feel the way we want to feel and so we need to find new occupational patterns to continue to experience the life we want to experience.**
- **Choose carefully!**

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Handy OT Model

Summary...

- Can be used as an strengths based interview tool
- Mechanism to understand and explore occupations
- Prioritisation tool – gives us an idea of what drives us and what to do next
- Essential in the face of apocalypse (individual to global)!
- Outcome measure of change!

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Fancy trying it out?

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Your Occupations

- Think of something you love doing!!!
- For example:
 - Oil Painting
 - Running/Cycling
 - Gym
 - Dancing
 - Nooky!!
 - Gaming
 - Cooking
 - Studying!!



**Write the
occupation you
love doing on
the middle of
your palm**

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Occupational Outcomes

- How does the occupation make you feel??

- For example:

- Satisfied

Energized

- Free

Courageous

- Content

Calm

- Needed

Centred

- Encouraged

Determined

- Fulfilled

Bold

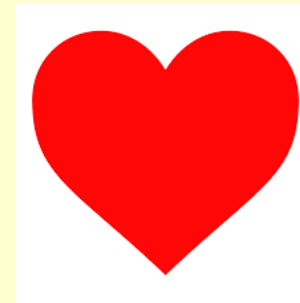
Optimistic

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Occupational Outcomes

- How does the occupation make you feel??



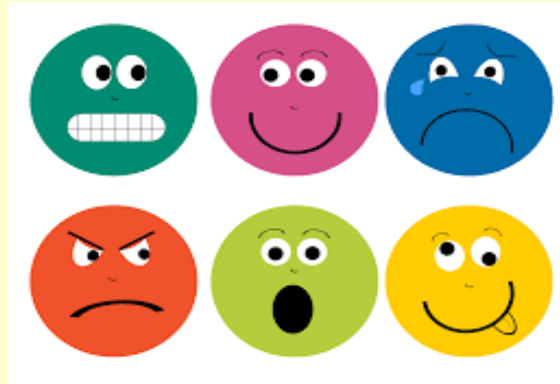
- Choose top 5 feelings
- Write them around your favourite thing on your palm

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Occupational Outcomes

- Think about whether you feel that way because of:
- Choice
- Challenge
- Meaning
- Connection



Draw a line to link the feeling to the element on a finger.

Consider what combination of elements contributes to the feeling you derive from that occupation.

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Thanks!!!

- We'd love to keep in touch!
- Let us know how you use it!
- Leave your email and we will connect soon!
- Thanks for listening 😊

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- Cacioppo J.T and Patrick W 2009, Loneliness: Human nature and the need for social connection. W.W. Norton & Company Inc, New York USA
- Frankl V. 2006 Mans search for meaning, Beacon Press (first published 1946)

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Thanks, Enjoy, Try and get in touch:



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Dimensions of Occupation

Lynda Hughes
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Rebecca Spilsbury

Fitting the pieces together



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Knowing your stuff

- What is your goal ?
- What is my goal to know my stuff?
 - Confident
 - Comfortable
 - Respected

The amazing power of occupation

- Missing piece?
- The OT butterfly –
 - Paediatrics
 - Acute
 - Mental health
 - Primary Care
 - Stroke
 - Social services

Working in the realm of loss

- Disease specific services tend to measure disease specific features (OT and generic)
 - Pool
 - Recovery star
 - Sensory processing

Measuring the loot



They measure what's been taken and therefore there is a hidden that there is a set of core humans need that diseases from.

- Kitwood, Identity, Connectedness, Security, Autonomy, Meaning, Growth, Joy
- Tony Robbins: Certainty, Uncertainty/variety, Significance, Connection/Love, Growth, Contribution
- Maslow: Physiological needs, Safety, belonging/love, esteem, self actualization

Unanswered questions



What are the core common qualities of occupation that impact our experiences? - So why does golf do it for them, and not for me? What is it about painting and golf that makes it matter??

Exposure of the critical qualities of occupation.

- Understanding core common qualities of occupation explained why different occupations can produce similar experiences
- Explains why golf does it for my partner and painting does it for me!



Through occupation we experience...

- CHOICE



Choice: Essential to human life.

- Identity
- individuality
- desires
- Freedom
- Growth
- Empowerment
- autonomy
- past, present and future.
- Supports us to live the life we want.



When we experience changes to our mental or physical health (e.g. stroke, cancer) or are part of an institution (e.g. hospital or a care home), our choices might be altered. For example, the choices of what we eat, where we can go, who we can talk to, and choosing when we want to do things (even toileting). We can think about the impact of this for an extended time. Sometimes, too much choice can be overwhelming and stressful – such as when faced with an enormous menu in a restaurant.

Through occupation we experience...

- Challenge



Through occupation we experience...

- Meaning



Through occupation we experience...

- Connection



Through occupation we experience...

- Contrast

Through occupation we have opportunity to experience...

- Flow

Your Occupations

- Think of something you love doing!!!
- For example:
 - Oil Painting
 - Running/Cycling
 - Gym
 - Dancing
 - Nooky!!
 - Gaming
 - Cooking
 - Studying!!

Occupational Outcomes

- How does the occupation make you feel??
- For example:
 - Satisfied
 - Free
 - Content
 - Needed
 - Encouraged
 - Fulfilled

- Through doing things create opportunity for feelings.....Feelings are a result of our occupations
- Therefore we should choose carefully.
- When we experience ill health which impacts our occupations we lose the opportunity to feel the way we want to feel and so we need to find new occupational patterns to continue to experience the life we want to experience.

Cacioppo J.T and Patrick W 2009, Loneliness: Human nature and the need for social connection. W.W. Norton & company Inc, New York USA

Maslow, A. H. (1943). A theory of human motivation. Psychological Review, 50(4), 370-396.

Kitwood, T., (1997). Dementia reconsidered: The person comes first. Open University Press Buckingham, U.K.

Fitting the pieces together



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The amazing power of occupation

- **Missing piece?**
- **OT butterfly:**
 - **Pediatrics**
 - **Acute**
 - **Mental health**
 - **Primary Care**
 - **Stroke**
 - **Social services**



What is your goal ?

What is my goal?

- **Knowing our stuff!**
- **To know my stuff?**
 - **Confident**
 - **Comfortable**
 - **Valued**



Working in the realm of loss

- **Disease specific services tend to measure disease specific features (OT and generic)**
 - Pool Activity Level Instrument
 - Recovery Star
 - Behavioral Inattention Test (BIT)
 - MOCA

Dimensions of Occupation

Lynda Hughes
and
Rebecca Spilsbury

The Handy OT Model ? What's the point?

Understand the qualities and characteristics of occupations which:

- make various occupations attractive, beneficial (or not).
- generate life satisfaction, fulfilment and health (or the reverse)
- Inform and support individual occupational choices and preferences
- why every person constructs a unique occupational identity and occupational profile.
- To underpin a new philosophy of life and care.
- Plan prioritise and evaluate occupational therapy and life change.

The Handy OT Model: When, Who, How?

- For individuals, groups, organisations or populations
- Applicable regardless of culture, socioeconomic status, education or political perspective.
- Can be conducted independently, with clients or observationally.

Missing piece?

- **OT butterfly:**
 - Pediatrics, Acute, Mental health, Primary Care, Stroke, Social services
- **Proud OT Newbie**
 - Newly qualified
 - Curious
 - Revved up



Working in the realm of loss.....when all else is reduced the truth becomes clear.

- **Disease specific services tend to measure disease specific features (OT and generic) and disease specific loss**

**Many assessments measure what's
been lost.**



Hidden assumption:
**Core 'things' all humans need
that disease/ill health can
take away from.**

Human needs?

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What are human needs?



- **Kitwood (1997)**: Identity, Connectedness, Security, Autonomy, Meaning, Growth, Joy
- **Maslow (1943)** Physiological needs, Safety, belonging/love, esteem, self actualization



Not occupational!

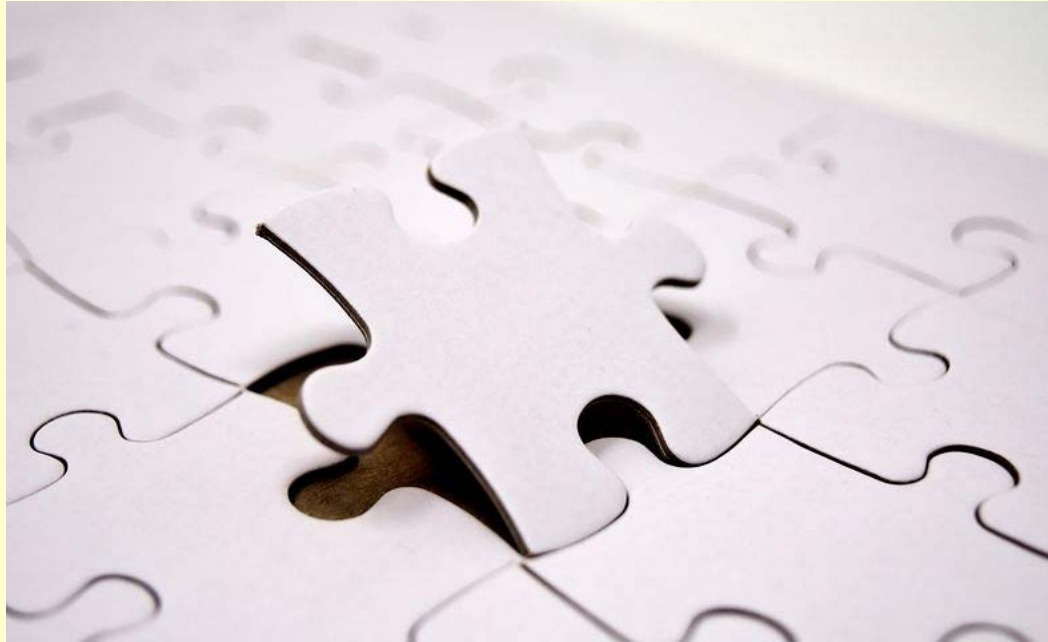
**? Core common qualities of occupation
that impact our experiences?**



**What is it about
painting and
golf that makes
it matter??**

**Why does golf do
it for him, and not
for me? Why do I
love oil painting?**

The amazing power of occupation



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The Handy OT Model:

Proposes that occupations offer one or more of the following experiences.

- 1. Choice
- 2. Challenge
- 3. Meaning
- 4. Connection

Challenge: Case Studies

- Affected by changes to our mental or physical health (e.g. stroke, cancer).
- Illness or disability: hard to integrate challenge that makes us feel great.
- People who support us want to help, but overcoming a struggle can lead to satisfaction and recovery!



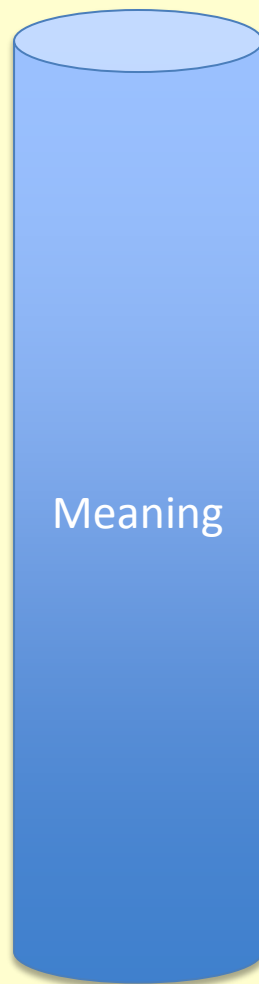
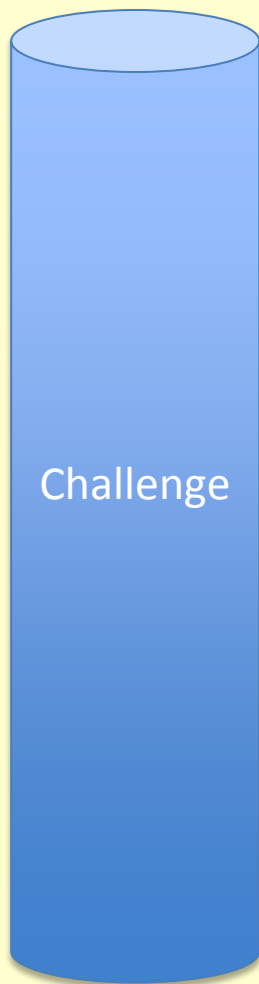
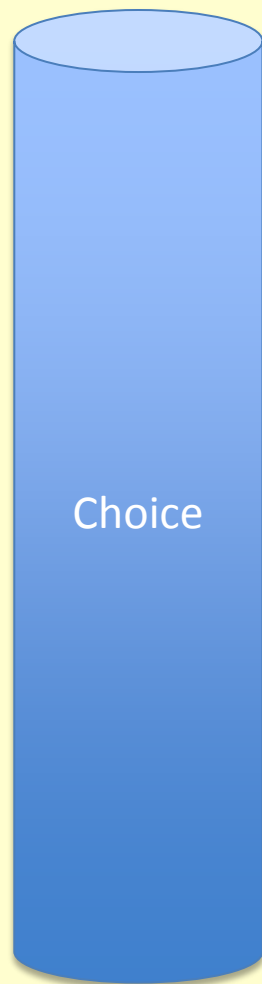
Meaning: fulfilling, enriched life - we must feel that some of what we do is personally meaningful.

- We might love rock climbing, but when we relocate and there are no mountains this is lost.
- We might love cycling or going to the gym, but changing our job, a bereavement or starting university can affect how we do things that are meaningful to us.



And.... 4 co-dependent perspectives:

- 1. Contrast and Balance
- 2. Flow and Alignment



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