

0031

The Farmer (person), The Farm (environment), Farming (occupation), More than Seeds & Manure (occupational performance): Occupational Therapist's Perspective on assisting Farmers own Their Story of Everyday Living Secondary to Disability

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Abstract This presentation will focus on storytelling as a means to promote, enhance, and maintain farmer wellness. The key to this model is the meaningfulness of daily & life occupations that it brings to the gathering of the farmer's story. It is about forming a greater understanding of how the farmer is claiming his/her identity in the past/present/future living with & farming with a disability. Asking questions such as, how the farmer is forming identity of self with a disability; What has changed or needs to change in the environment, and how has the farmer's performance with daily & life occupations changed secondary to the disability?

The presenter is the Healthcare Education Specialist for the AgrAbility Project and also is a farmer. The presenter keenly understands that on most days those of us, who farm, feel there is no better place to be than close to our family, the soil, and the animals. However, some days the responsibility and workload can take a toll on one's health and well-being. Consider that the shape of one's knowing becomes the shape of one's doing, being and becoming. Ultimately, what we do on daily basis shapes the way our mind, body, and spirit functions and reacts in our environment hence, the farm.

Objectives

- 1) Increase awareness of methods and modalities that can be found right on the farm to limit or eliminate stress and ensure health & well-being.
- 2) Explore & consider the term - Constantly Shifting Identity alongside the task of gathering farmers stories of disability via PEOP based analysis.
- 3) Glean the secrets & strategies of the Farm Wellness Factor inventory & intervention.

Length of time Required: 1.5 hours

Methods

The methods used for the presentation will be an interactive lecture, powerpoint, handouts, demonstration of informal assessment, and discussion.

Participants: 50