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## **Promoting occupational performance using the Canadian Model of Client-Centred Enablement in Japan**

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### **Introduction**

Attention to health promotion has increased. Not only resolving occupational performance problems, but also promoting occupational performance are now regarded as important effects of occupational therapy too. In 2007, the Canadian Model of Client-Centred Enablement (CMCE) demonstrated essential skills for enabling occupation.

### **Objectives**

The purpose of this report is to describe an occupational therapy practice for promoting occupational performance using CMCE for groups of clients in Japan, suggest important skills for promoting occupational performance for groups, and describe the effects of promoting occupational performance.

### **Description**

The clients of this practice were thirty-one residents who live in a facility for persons with physical disabilities. Residents participated in three occupations: gardening, using computers and making newspapers. Occupational therapists worked to enhance opportunities for engagement in occupation, enable occupation, give meaning to occupation and expand occupation with clients and used ten skills of CMCE - adapt, advocate, coach, collaborate, consult, coordinate, design/build, educate, engage and specialize -.

### **Results**

Participants were enabled to do these occupations independently, the meaning of these occupations was strengthened, and the occupations were expanded. All mean SF-8 scores increased from pre- to post-program in the occupation of using computers, implying that participants improved feelings of health. Participants acquired advanced skills of gardening and using computers. Staff in the facility became aware of the high abilities of participants and became more supportive for their occupation. Materials, places and financial resources to use for gardening and computers increased.

### **Conclusion**

In this practice it was shown that for occupational therapists the use of the skills of advocate, coach, consult, coordinate and educate, and engaging clients and those around them in occupations was particularly important in promoting occupational performance for the clients of the group. Moreover it was shown that promoting occupational performance help people lead a healthier life in an adjusted environment with expanded occupation.

### **Contribution to the practice**

CMCE is useful for occupational therapy in Japan too. Using CMCE makes occupational therapy more effective. Therapists need to adapt the skills of CMCE to person, occupation and environment.