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Searching for testimony: the implementation and development of an occupational therapy service in a Social Centre in São Paulo, Brasil

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Introduction: epidemiological studies have shown the prevalence of risks for women, not only regarding minor mental disturbances like anxiety and depression, but also more severe cases like eating disorders, drug abuse, suicide risk and attempts [Melo, 2007]

Looking into the implementation of an occupational therapy service which joins assistance and preventive actions in a community requires reflection and critical choice of a theoretical framework apart from a plan of actions. The strategies include health care and support through the construction of devices that will enhance positive health or social health taken as wider autonomy [also measured by evolution + satisfaction + quality of life + health education and the creation of a supportive social.

Aim: the present study describes indicators concerning the implementation of actions specialized in women in the Social Centre Nossa Senhora do Rosário. The overall scene of health care in the country and the regionalization and circulation of women in supporting and social care programs regard it as privileged scenery for the studies on the implementation of strategies that aim at tracking and intervention

Description: spoken statements and photographic records of home care, groups of women and occupational therapy groups account for the importance of the circular setting in actions built in and with the community

Results: a number of problematic situations might emerge from seeing to these women. Some of them are the feeling of loneliness and isolation, physical and social restrictions that impoverish their everyday actions and the difficulty to carry on or finding new projects in their life. A variety of singular answers to the actions proposed by the occupational therapy were observed. On the whole it was possible to revisit stories and experiences on sharing and on "doing together"

Conclusion: the multiple actions that lie between the individual and the communal, as well as the role of an active occupational therapist able to get hold of a wide range of repertoires characterize the occupational therapist's work in the community

References:

Melo et al *Epidemiologia da Saúde Mental no Brasil*. Porto Alegre: Editora Artmed, 2007.