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Observing people with restrictions during their daily routine: first step into practice

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How do people with a restriction live their daily routine? Which barriers or facilitators influence their occupational performance? To enable students to deepen their knowledge and experiences about these fundamental interests of occupational therapy, the modul «Practical Contact» was developed at the University of Applied Sciences in Winterthur (Switzerland). Prior to the first fieldwork experience, students observe adults with a wide range of restrictions during their daily routine. Equipped with fundamental knowledge of an Occupational Therapy Practice Model (the Biel Model developed in Switzerland) the students observe people with restrictions at their homes and familiar surroundings. They get the possibility to meet the participants during three different days. The Biel Model helps to focus on occupational performance and presents a sophisticated structure to describe human occupations which are seen as the interaction between an individual and his/her environment. In between the students share and reflect their experiences as observers and in the application of the model with their learning group of twelve guided by lecturers. By the end of the modul, each student presents a portrait of its participant focussing on occupational performance.

This presentation will include the results of the evaluation of the last 4 years. A special emphasis will be given on the participants view as people with restrictions involved in student education as well as on students view on their first step into practice.