

Time Geographic Method - promising use in rehabilitation and health promotion.

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The participants are supposed to obtain

- Increased knowledge about the scientific theory and method – and how it has been used in three Scandinavian countries.
- First-hand experience in the use of the method (the participants will be asked to write diary according to the method)
- Inspiration how the method is able to contribute to develop the participants own occupational therapy practice

1) Introduction to the method.

The Time Geographic Method is mapping everyday life pattern from the person's own perspective by employ a diary method. Through self-observation, diary-writers continuously formulate their own experience of every-day life related to their activities, which captures both temporal patterns and social contexts in relations to health and illness. Further the diary-writers have possibility to report emotional feelings, pain or other opinions.

In three Scandinavian countries a group of occupational therapist have used the method with different population groups in research over many years. A significant result is that the method is effective to map the everyday life from an individual's own perspective as part of evaluation for intervention.

The overall population studied was children, students and employed with and without disability and people with advanced cancer.

2) Six different examples, how the method has been used:

- o Exploring the everyday life of students with disability in higher education – restrictions to participation (EM)
- o Interventions at work in fibromyalgia (FM) using the time-geographic diary method (GL)
- o Everyday life of people with advanced cancer: Activity, time, location and experience. (KIC)
- o Working life and time-use för women with rheumatism. (KJ)
- o Development of activities under childhood and teenager time for visually impaired – the journey to compose a life as an adult. (UK)
- o How is it possible – by using the time geographic method – to increase motivation for the daily job and for participating in developing the profession? (HJB)

Open analysis of the participant's own diaries

Discussions with panel and within groups