

Do Live Well: International perspectives on an Occupational Therapy Health Promotion Framework

Sandra Moll¹, Nadine Lariviere², Lori Letts¹, Rebecca Gewurtz¹

¹*McMaster University, Hamilton, Ontario, Canada,* ²*Universite de Sherbrooke, Sherbrooke, Quebec, Canada*

Introduction: Do-Live-Well (DLW) is a health promotion framework developed by Canadian occupational therapists; it is based on the premise that what you do every day can have an important impact on your health and well-being. Since the framework was published in 2015, occupational therapists from many countries have explored its relevance and application to practice.

Objectives: The purpose of this presentation is to: a) provide an overview of the key features of the DLW framework, b) highlight implementation of the framework in different countries, c) prompt reflection on its potential relevance in an international context.

Methods: A qualitative, case study approach was adopted, with purposive sampling to identify 8-10 therapists in 5 different countries (Canada, United States, Britain, Germany, and Australia) who are using the DLW framework in their practice. Interviews are currently being conducted to explore their perceptions of different elements of the framework and how they are applying principles to their own work. Within and cross-case comparison will be adopted to highlight key themes, as well as similarities and differences across system and policy contexts.

Results: Underlying principles regarding the value of occupation resonate with therapists around the world, however, there is considerable diversity in how specific elements of the framework are applied. Case study examples will be used to illustrate the potential of the framework to inform occupational therapy in a range of social and policy contexts.

Conclusion: Evidence-based, health promotion principles in the DLW framework have inspired diverse education, research and practice initiatives around the world.