

0497

Reconsidering the importance of leisure occupation in OT practice: leisure should be an end goal of intervention

Szu-Wei Chen

New York University, New York, USA

Introduction: Leisure, unlike other occupations, is commonly treated as a means instead of an end goal of intervention. This existing approach contradicts with how leisure was defined in AOTA practice framework, and does not reflect the fact that leisure is meaningful and unique to its participants and significantly impacts client's health.

Objectives: To advocate the importance of leisure occupation as ends in OT intervention. It is designed to make OT practitioners be aware of the issue and reflect on their practices in order to take corresponding actions.

Approach: Starting from providing background information of leisure, which includes its complex definition, its meaning to human life, and its historical context in OT, I will unfold three main arguments regarding why OT should value leisure as an end goal. The arguments will be framed based on the needs to match the changing values of the society, the philosophy of OT, and the role as a health profession.

Practice implications: Challenges and solutions regarding the proposed approach will be discussed. It includes ways to change OT's value systems and empowering the clients in pursuing leisure, as well as opportunities for reimbursement of leisure intervention and our strength in working with competitive profession.

Conclusion: Although adopting this proposed approach may not be easy, I believe the proposed solutions to address the challenges shed light on how to make leisure a valued goal of intervention.