



# **Do-Live-Well: International perspectives on an occupational therapy health promotion framework**

Capetown, May 2018



# Acknowledgements

## Do Live Well Team

- Sandra Moll, Rebecca Gewurtz, Lori Letts (McMaster)
- Terry Krupa (Queen's)
- Nadine Lariviere & Melanie Levasseur (Sherbrooke)
- Student occupational therapists –McMaster (15); Sherbrooke (5)



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- Canadian Occupational Therapy Foundation
- Canadian Association of Occupational Therapists
- Canadian Institutes of Health Research – Institute of Aging

# Health Promotion

“the process of enabling people to increase control over, and to improve their health.”

(O'Donnell, 2009; WHO, 2013)



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# Framework Development



Moll S. E., Gewurtz R. E., Krupa, T. M., & Law, M. C. (2013). Promoting an occupational perspective in public health. *Canadian Journal of Occupational Therapy, 80*, 111-119.

\*Gewurtz, R., Krupa, T., Law, M. Lariviere, N., Levasseur, M. (2015) "Do-Live-Well": A Canadian framework for promoting occupation, health and well-being, *Canadian Journal of Occupational Therapy, 82*(1), 9-23.

Gewurtz, R., **Moll, S.** et al. (2016). What you do every day matters: A new direction for health promotion, *Canadian Journal of Public Health, 107*(2), e205-208.doi: 10.17269/CJPH.107.5317

Website: [www.dolivewell.ca](http://www.dolivewell.ca)



**DO·LIVE·WELL**

What you do every day matters

What activities do you do that are important to your health?

SLEEP

Volunteer "Race Committee"

Positive attitude

PRAYER

skating

SLEEP

swim!

golf sail

thinking positively

I eat Food

quiet walks

Listen to music

sleep

making & eating family dinner

surrounding yourself with people

Dance

Music

SOCIAL COMMUNICATION

Volunteering

Sing in the shower

Yoga

Having daily dance parties

Running piano running!

Travel

Reading

Cuddle my Kitties

Parkour!

dragon boat

Trail walks

Music

Anime

play piano

Me time

Enjoy nature

NAP

Soccer

Friends

walking my dog!

CHOPPIN' WORDS

Quiet time

have good food with good friends

colouring & drawing

traveling

reading

going for hikes!

Mountain bike

Smiling

Selfie



**DO·LIVE·WELL**  
What you do every day matters



# Dimensions of Experience



A range of experiences are important for your health and well-being...

# Dimensions of Experience



People who are socially integrated and experience supportive and rewarding relationships have better mental health, higher levels of subjective well-being, and lower rates of morbidity and mortality (Holt- Lundstad, Smith, & Layton, 2010)

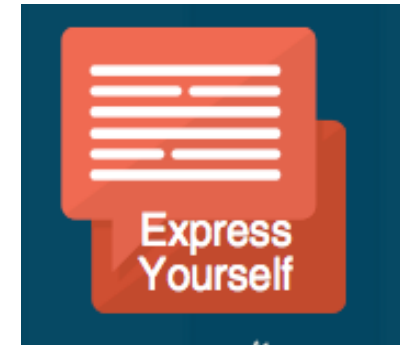


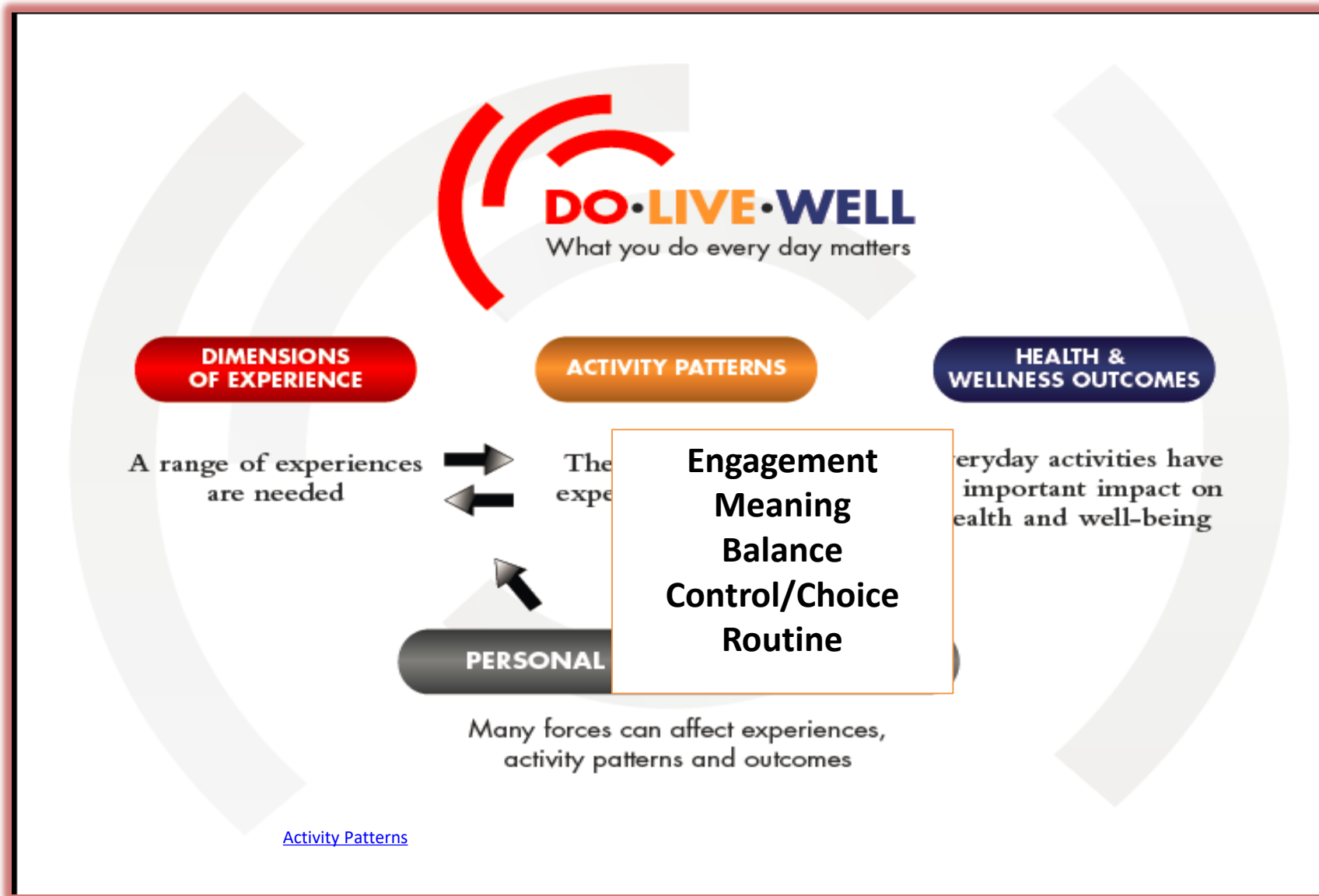
Activities that generate income and lead to stable & secure living situation are key social determinants of health





# Dimensions of Experience





It is not only WHAT you do, but HOW you do it...

# Activity Patterns: Reflective Questions

- Do you engage in activities that are so interesting that you lose track of time?
- Do you have any activities that give meaning to your life?
- Do you have a good balance in your activities (work, home, family, leisure, rest)?
- Do you feel you have control over what you do and how you do it?
- How do you feel about your daily routine?



**DIMENSIONS OF EXPERIENCE**

A range of experiences are needed

**ACTIVITY PATTERNS**

The nature of the experience matters

**HEALTH & WELLNESS OUTCOMES**

Everyday activities have an important impact on health and well-being

**PERSONAL AND SOCIAL FORCES**

- Demographic characteristics of individuals
- Social forces in the physical, institutional, or sociocultural environment (e.g. affordability, accessibility, stigma, funding, public policy)



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### About Do Live Well

The "Do Live Well" framework is a new Canadian tool that was developed by Occupational therapists to capture evidence linking a range of activity patterns to health and well-being outcomes. It is based on the idea that "what you do every day matters". It is a positive health promotion approach designed to empower individuals to recognize changes in activity patterns and health, and to identify ways to restore or revitalize their patterns of activity engagement. [Read more...](#)

### Introduction to the Do-Live-Well Framework



Recent Posts Social Media



#### DLW at OSOT conference

Join us on Sat. Sept. 26th at the OSOT conference in Kingston Ontario for a workshop on the DLW project!



#### Activity Patterns video

To understand how activity patterns can affect overall health and well-being, check out the new video.



#### DLW in the Community

Spotlight with Patricia Clark, the National Executive Director for ALCOA; See how she views the framework as a community leader.

# Videos



## Tools & Resources

### Books:

- + Recovery Through Activity (Parkinson, S., 2014)
- + Action over inertia (Krupa, T., Edgelow, D., Radloff-Gabriel, D., Mieras, C. et al., 2010)
- + Model Of Human Occupation: Theory and application (4th ed.) (Kielhofner, G., 2008)

### Tools

- + Life Balance Inventory (Matuska, K., 2012)
- + Model Of Human Occupation

Krupa, T., Edgelow, D., Radloff-Gabriel, D., Mieras, C. et al (2010). *Action over inertia: Addressing the activity-health needs of individuals with serious mental illness*. Ottawa: CAOT publications



Addressing the activity-health needs of individuals with serious mental illness.

Action Over Inertia introduces readers to an occupational time-use intervention that aims to re-engage community dwelling individuals with serious mental illness with meaningful activity, positively influencing levels of occupational balance and engagement.

Included in the publication are step-by-step instructions, worksheets and resources to use directly with individuals and groups.

#### Worksheets :

[AOI Worksheet 1\\_1](#)  
Evaluating current activity patterns (service provider)

#### Link with Do-Live-Well framework:

- Accessing concepts of Activity patterns (Balance, Routine, Meaning)
- Accessing concepts of Dimensions of experience (Connecting with others, Experiencing pleasure and joy)
- Accessing concepts of Personal and Social Forces

[AOI Worksheet 2\\_6](#)  
Finding meaning in my activities

#### Link with Do-Live-Well framework:

- Accessing a concept of Activity patterns (Meaning)

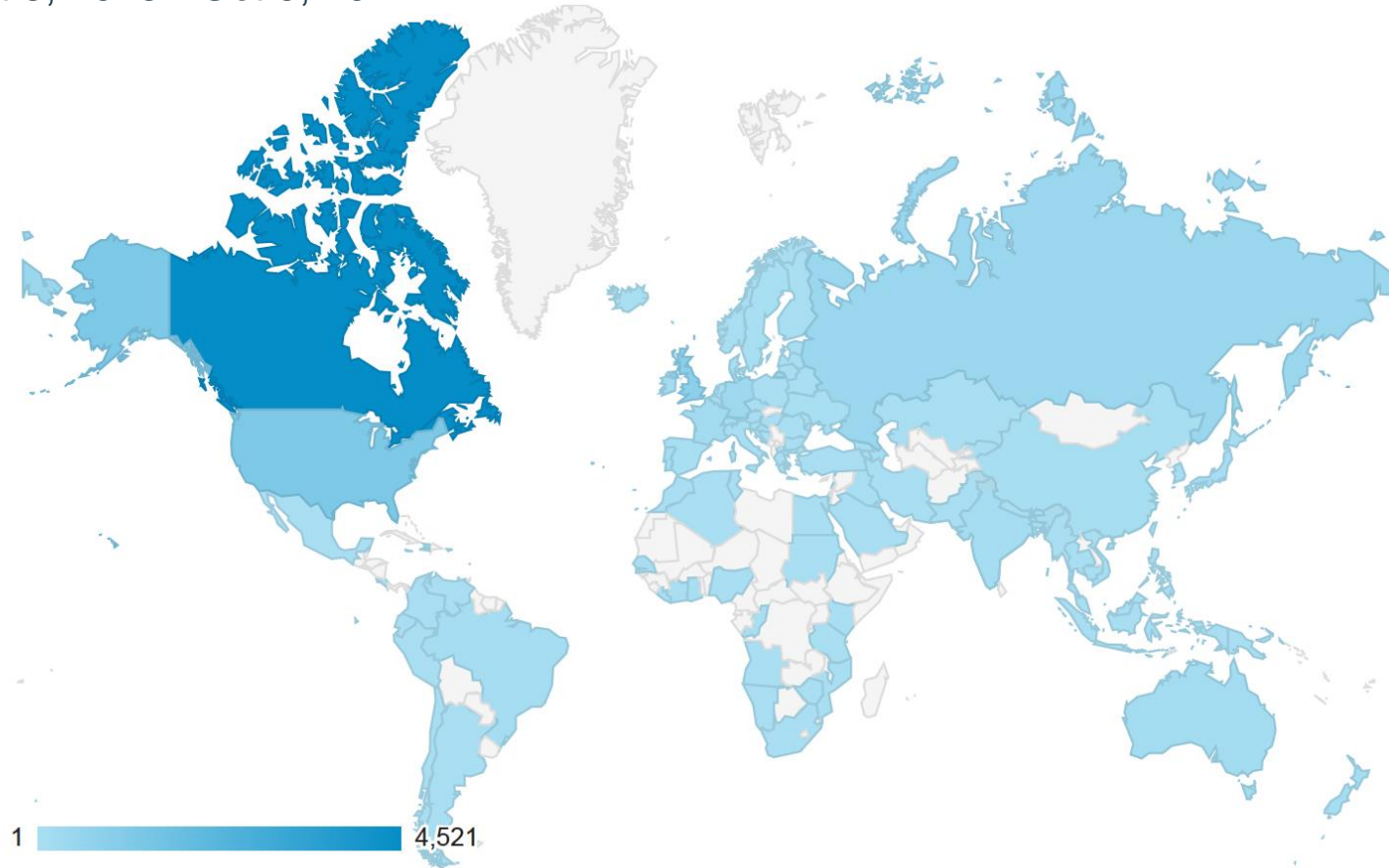
[AOI Worksheet 2\\_8](#)  
Social interaction through activities

#### Link with Do-Live-Well framework:

- Accessing a concept of Activity patterns (Routine)
- Accessing a concept of Dimensions of experience (Connecting with others)
- Accessing concepts of Social Forces

# Website: Google Analytics

Oct 3, 2015 - Oct 9, 2017



N=111 countries

Top 3: Canada (48%); US (13%); UK (9%)

# How has the DLW framework been adopted in other countries?





# Canada



- French translation
- Videos for older adults (Active Aging Canada)
- Reflective tools for application in mental health

# Germany



- Development of a reflection instrument for health promotion in Germany based on the Canadian "Do-Live-Well" framework (Gabi Woick)
- *How do occupational therapists in Germany experience the Do-Live-Well Framework and how do they see the adaptability of the Framework in their everyday working life?* (Kraß, Roozeboom, & Vorrink, 2017)
- World Congress of Psychiatry (2017) symposium on DLW
- Höhl W, Moll S, Pfeiffer A. (2017). Occupational therapy interventions in the treatment of people with severe mental illness. *Current Opinions in Psychiatry*, 30(4): 300-5.
- *ergoscience* -Re-publication

# Australia



## Monash University

- Understanding activity patterns of individuals with ABI in supported housing (Libby Callaway)
- DLW@uni: Health promotion for university students from an occupational perspective (Ellie Fossey)

# United States



Activity Patterns and Well-being of Commuters: An  
Occupational Perspective  
Ann Greenbaum, Townson university



# Other countries

## United Kingdom

Review of intervention studies and studies exploring theories, models or frameworks of health promotion or wellbeing (M. Birken, K.Bannigan, Plymouth)



## Hong Kong

- First year “OT theory & Process” course (2018)
- No examples of application in practice at this time, but relevant ideas especially for older adults (Will Chien, Hong Kong Polytechnic University)



# Reflections on Case Studies

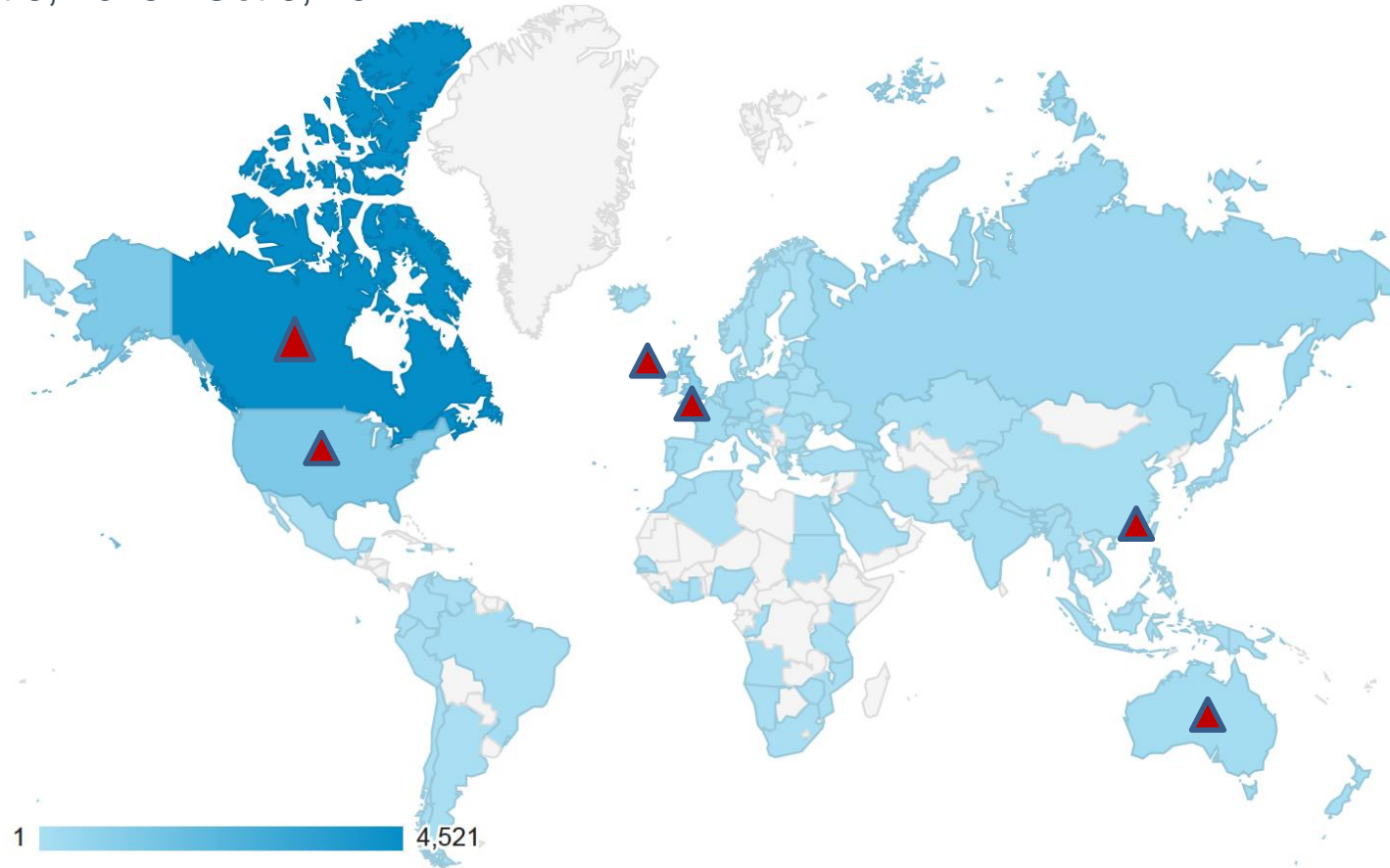
- Emerging awareness of framework
- Positive response to core principles of health promotion from an occupational lens
- Potential application across different populations & different settings
- Tool for research, teaching, advocacy, clinical practice
- Further development needed to translate tools for practice

# International Perspectives: Next steps

- Cultural differences in core concepts?
  - Translation
  - Cultural relevance
- OT engagement in health promotion around the world
  - Is this part of the mandate of the profession?
  - How do students learn about health promotion in OT?
  - Is there professional advocacy for health promotion?

# Website

Oct 3, 2015 - Oct 9, 2017



N=111 countries

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# Join the conversation!

- What do you think?
- Relevance/application to your work?

[www.dolivewell.ca](http://www.dolivewell.ca)

Contact: Sandra Moll

[molls@mcmaster.ca](mailto:molls@mcmaster.ca)



# Application

## Understanding transitions

- Work
  - Unemployment
  - Retirement
- Education
  - Settings (high school to post-secondary)
  - School to work
- Living situation
  - **Immigration to another country**
  - Downsizing
- Health
  - Acute illness
  - Chronic illness



# Why DLW?

This framework prompts reflection and discussion regarding ways in which everyday activities can impact overall health and well-being. It can be used with clients of all ages and abilities to promote healthy activity patterns. It can also be used to inform colleagues and decision makers in the field of health promotion about our unique evidence-based occupational perspective.

See how Occupational Therapists are incorporating the DLW framework into their practice!



Dr. Catherine Donnelly



Janet M. Craik



Jasdeep Chahal

See how community leaders view the DLW framework!



# Guest Blogs: Join the conversation...

Home > [Join the Conversation!](#)

## Join the Conversation!

Over the next year, this space on the website will feature a discussion about concepts from the DLW framework with a different idea and "guest blogger" each month. You will have an opportunity to comment, discuss and post ideas. Join the conversation as we explore the potential for application of DLW ideas in your own life or the lives of those around you!

The focus for September: **Activate your body mind and senses!**

Guest blogger: Sandra Moll

We have all heard about the importance of staying active to maintain both your physical and mental health. In fact, there is a whole social movement called "Exercise is Medicine" that is a global call to action for healthcare providers to promote physical activity when treating patients. The American College of Sports Medicine is one of the drivers of this initiative and one of the quotes featured on their website is that "Exercise is a solution to one of the greatest public health problems of the 21st century". See [www.exerciseismedicine.org/](http://www.exerciseismedicine.org/) for details.

There is more to health, however, than just activating your body. There is a growing body of literature about the importance of activating your mind and senses as well. Have you heard of "nature deficit disorder"? This term was coined by Richard Louv in his 2005 book *Last Child in the Woods*. He argues that that human beings, especially children, are spending less time outdoors and that this is resulting in a wide range of behavioral problems. He argues for the health benefits of going outside and activating your senses as a critical to learning and connecting with our world.

These are some of the things that I think about as I sit inside on a chair and type on my computer! Time to go outside for a walk with my dog and enjoy a bit of nature....

Let me know what you think! What do you do to activate your body, mind and senses? How does this affect your overall health and well-being?



### Recent Posts



#### [DLW in the Community](#)

Spotlight with Patricia Clark, the National Executive Director for ALCOA; See how she views the framework as a community leader.



#### [New Video](#)

Check out the new video on Dimensions of Experience



#### [OCSCO newsletter](#)

DLW project featured in June newsletter of Ontario Society of Senior Citizens Organizations

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