



## A GUIDE TO UNDERSTANDING THE 'MODEL OF HUMAN OCCUPATION'

- 1) How does a client “Choose” his/her work/play/activities of daily living?

Client is motivated to *choose*

- When he/she feels confident that he/she is capable of using his/her abilities for doing. (Sense of capacity & self efficacy)
- That which he/she believes is important, meaningful and valuable for him to do. (Values)
- Those things which he/she likes to do. (Interests)

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- 2) What guides a client to “Organize” his/her work/play/activities of daily living?

Client is guided by

- His/her familiar routines. (Habits)
- Him/her being somebody and doing things accordingly or what one is expected to do. (Roles)

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- 3) What enables a client to actually “Do” his/her work/play/activities of daily living?

- Musculoskeletal, neurological, cardiopulmonary, and other body systems(physical components)
- Memory (mental components)
- One’s own interpretation

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- 4) Does “environment” play a role to facilitate/constrain client’s performance of work/play/activities of daily living?

How the client performs/acts is also influenced by

- Natural and built in places
- Certain things which the client uses
- Being involved with a group of people who come together for various formal and informal purposes.
- Particular, well-defined ways of doing things.

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