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

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Acknowledgements

Do Live Well Team
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Health Promotion

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

(O’Donnell, 2009; WHO, 2013)
Framework Development


Website: [www.dolivewell.ca](http://www.dolivewell.ca)
What activities do you do that are important to your health?

- SLEEP
- Yoga
- Music
- Walking my dog
- Trail walks
- Reading
- Animated movies
- Play piano
- Time with friends
- Chopping wood
- Have good food with good friends
- Surfing
- I eat healthy food
- Surround my life with people
- I play indoor sports
- Dance
- Cuddle my kittens
- Parkour
- Medi doc
- Friends
- Pet
- Mountain bike
- Smiling
DO·LIVE·WELL
What you do every day matters

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
Many forces can affect experiences, activity patterns and outcomes
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?
Demographic characteristics of individuals
Social forces in the physical, institutional, or sociocultural environment (e.g. affordability, accessibility, stigma, funding, public policy)

A range of experiences are needed
The nature of the experience matters
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)
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

Introduction to the DoLiveWell Framework

Recent Posts

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, E., 2014)
- Action over Inertia (Krupa, T., Edgelew, D., Redolfi-Gabriel, D., Mierse, C. et al., 2010)

Tools

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


Action Over Inertia emphasizes recovery in an occupational therapy intervention has been to re-engage community dwelling individuals with serious mental illness with meaningful activity, positively influencing levels of occupational balance and engagement.

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

Worksheets:

- ACT Worksheet 3: Evaluating current activity patterns (service provider)
- Link with Do User-Well framework: Assessing concepts of Activity patterns (Balance, Routine, Meaning)
- Assessing concepts of Dimensions of experience (Connecting with others, Experiencing pleasure and joy)
- Assessing concepts of Personal and Social Forces
- ACT Worksheet 2: Finding meaning in my activities.

Tools, Workbooks:

- Link with Do User-Well framework: Assessing a concept of Activity patterns (Meaning)
- ACT Worksheet 2: Social interaction through activities
- Link with Do User-Well framework: Assessing a concept of Activity patterns (Pushed)
- Assessing a concept of Dimensions of experience (Connecting with others)
- Assessing 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
- 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)
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

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Join the conversation!

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

www.dolivewell.ca

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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!

See how community leaders view the DLW framework!
Guest Blogs: 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 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 argued that today's children, 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?