Propagating Justice:

Using participatory action research in a community food growing setting to identify risks of exclusion in seldom-heard populations

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#WFOT18
Background

- Context
  - The garden
  - The research
  - The co-researchers
  - The occupation – choice and opportunity

“At least we had the chance to try it…” Leo
Participatory Action Research

• Highlighted exclusion within inclusion

• Gave voice to the ‘little things’ that push people to the margins

• Demonstrated the importance of choice in practice
A dignified life

- A good and dignified life involves opportunities for action and social change (Nussbaum, 2006, Johnson et al, 2010)

- **Value and quality** of choice important, rather than range of opportunity (Sen 2009)

- Focus on reducing barriers to opportunity and preventing *occupational marginalisation*
Occupational Marginalisation

Occupational marginalisation – a state in which people are unable to participate in decision-making relating to their occupational participation (Stadnyk et al, 2011)

• How can we prevent this state of marginalisation?

• Are there warning signs?
Occupational Exclusion

Key characteristics:

• Perceived or real lack of representation in an important area of an individual’s life

• Little or no acknowledgement through monetary or other significant means for occupation supporting a cause or organisation

• Tokenistic or no consideration of personal capacity to engage in and make choices related to an occupation meaningful to a person
Occupational Exclusion

- Making decisions on another’s behalf that changes, grades or restricts an occupation due to a person’s known ability or for the benefit of another entity

- If perpetuated, can lead to occupational marginalisation or eventual deprivation
Conclusion

- Managing occupational exclusion:
  - Have a clear understanding of needs of the group/individual
  - Regularly re-evaluate the needs and circumstances they are in
  - Identify the ‘little things’ that present barriers to occupation
  - Identify and prevent ‘tokenistic behaviour’
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References


