

Occupational Therapy Practice Framework: Domain and Process (OTPF), 3rd Ed.

An official document provided by AOTA, summarizing occupational therapy's unique approach to healthcare. Our domain focuses on "achieving health, well-being, and participation in life through engagement in occupation," through a vision of "occupation based, client centered, contextual, and evidence based" care.

OTs must evaluate a client holistically and deductively with an "occupational profile", using below categories as guidelines, before determining intervention approach.

Clients can refer to persons, groups, and populations [newly expanded definition]

Occupations (meaningful life activities that clients engage in)

- **Activities of Daily Living (ADL)** – (personal hygiene, bathing, sexual activity, etc.)
- **Instrumental Activities of Daily Living (IADL)** (care of others, community mobility, financial management, shopping, safety, etc.)
- **Rest and Sleep, Education, Work, Play, Leisure, and Social Participation**

Client Factors (reside within client and influence client's performance in occupations)

- Body Functions, Body Structures, Values, beliefs, and spirituality

Performance Skills (observable actions with a functional purpose)

- **Motor skills** (observed physical interactions, i.e. reaching, bending, manipulating)
- **Process skills** (observed "executive functioning" during a task, i.e. initiating, sequencing, gathering, problem-solving)
- **Social interaction skills** (observed during social interactions, i.e. transitions, gesticulations)

Performance patterns (behaviors related to activities of daily life)

- Habits, Routines, Rituals, Roles

Context (environmental conditions that may affect client's performance)

- Cultural, personal, physical, social, temporal, virtual

All information taken from:

American Occupational Therapy Association. (2014). Occupational therapy practice framework: Domain and process (3rd ed.) *American Journal of Occupational Therapy*, 68(Suppl. 1), S1-S48.