

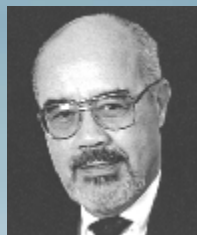
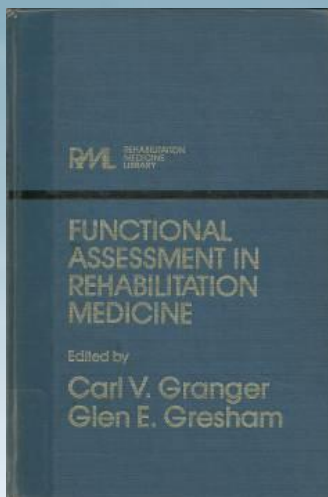
2015 International Occupational Therapy Conference

Function, Lifestyle, Health & Happiness

The Pursuit of Happiness through Active Participation in Occupation

Simon Wong, DM(OT), TPH

Guru in Functional Assessment



(Granger, 1984)

- Function
- Functional Assessment
- Functional Status
- Health Status

The Well Elderly Research Study

Randomized Control Study

Lifestyle Redesign Group
Social Control Group
No Treatment

Lifestyle Redesign Group improved in 5 of 8 SF-36 categories where control groups declined, 90% can retain the gain at 6-month follow-up

JAMA, October 22/29, 1997 - Vol 278, No. 16, 1321-1326
AJOT, 1998 - Vol 52, No. 5, 326-336

Lifestyle Redesign
生活重整

个人作业分析 Occupational Self Analysis
(shift in view of self)

New Opportunities
新机会



作业重整 Occupational Redesign
(shift in occupations)



New Understanding
新理解

Occupational Lifestyle Redesign Courses

i Name of the Courses

- | Joyful living practical course
- | Lifestyle redesign practical course
- | Happiness course
- | Happy living practical course

i Target of Courses

- | Help participant to use personal resources, re-establish previous or find new daily activities that could bring positive emotion, and then develop into a habit of living, and become a personalized happy and meaningful lifestyle.
 - i Personal resources: ability, skill, environment, money, character strength, interest, etc.

梁国辉

Living Life to the Full:
Health and Happiness for
People with Disabilities

Seminar on "Living Life to the Full:
Health and Happiness for People with Disabilities"
26 October 1997

Session	Topic	Speaker	Role
SESSION ONE	True health, well-being & happiness: perspective from people with chronic illness and disabilities.	Dr. Lorenzo de Rozario Senior Lecturer School of Occupational Therapy Curtin University Australia	P1-2
	Leisure, recreation and opens the road to happiness	Dr. York Chow 區一舒醫生 Hospital Chief Executive Queen Elizabeth Hospital	P3-4
SESSION TWO	Living to the Full	Professor Pok Tin Fui 鄧錫培教授 President Dharmafind Buddhist Institute	P5-7
	Servicing adventures: the person in crisis versus the chronic person in crisis	Dr. Peter Lee 李永信博士 Senior Lecturer Department of Psychiatry University of Hong Kong	P8-9
	養生與活出真我的學理	Ms. Wendy Ngan 鄺維燕女士 Registered Nurse Bradbury Hospital	P10
SESSION THREE	Adapting ability from disability	Dr. Andrew B.L. Cheung 翁錫良博士 Head Department of Public & Social Administration City University of Hong Kong	P11
	面對人生 - 經營自己	Mr. Chui Wai Hung 謝文輝先生 Chairman Committee on Public Education Advisory Council for the Physically & Mentally Disabled	P12-26
	回歸生活 - 經營自己	AK Lam Liang Ming 林良明先生 Coordinator Rehabilitation Volunteer	P17-28
	回歸生活	Dr. Young Mook Soak 謝國英博士 Consultant Respiratory Medicine (ERL) PTE Ltd.	P21-23
SESSION FOUR	Meaningful life through occupation	Mr. Simon Wong 黃國文先生 Department Manager Occupational Therapy Prince of Wales Hospital	P24-26
	Occupational Science: meaningful to the possible	Dr. Loretta de Rozario Senior Lecturer School of Occupational Therapy Curtin University Australia	P27-38

Yellow labels: Scholar-Social, People with disabilities, Rehab volunteer, Writer

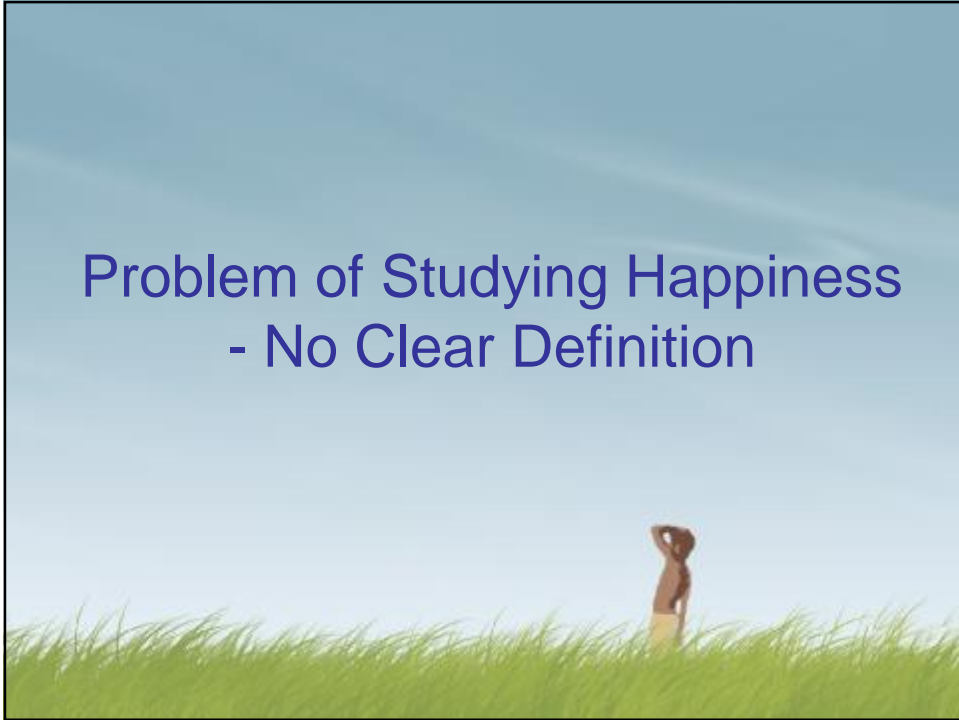
Green label: Meaningful life through Occupation

Yellow label: Dr. York Chow

Yellow label: Philosopher

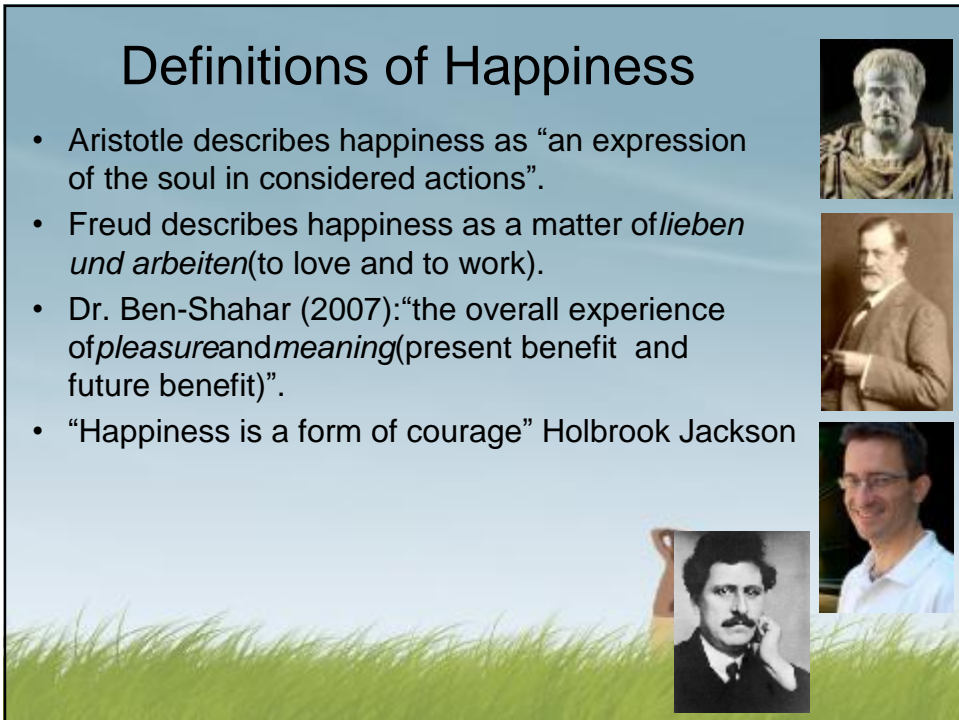
Yellow label: Nurse

Problem of Studying Happiness - No Clear Definition



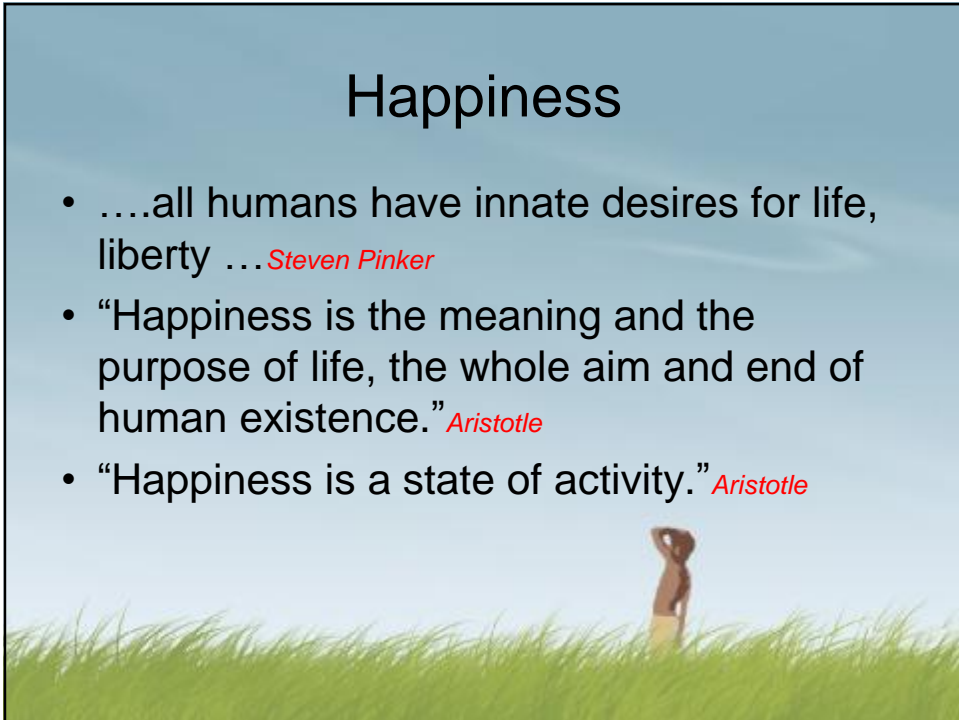
Definitions of Happiness

- Aristotle describes happiness as “an expression of the soul in considered actions”.
- Freud describes happiness as a matter of *lieben und arbeiten* (to love and to work).
- Dr. Ben-Shahar (2007): “the overall experience of *pleasure and meaning* (present benefit and future benefit)”.
- “Happiness is a form of courage” Holbrook Jackson



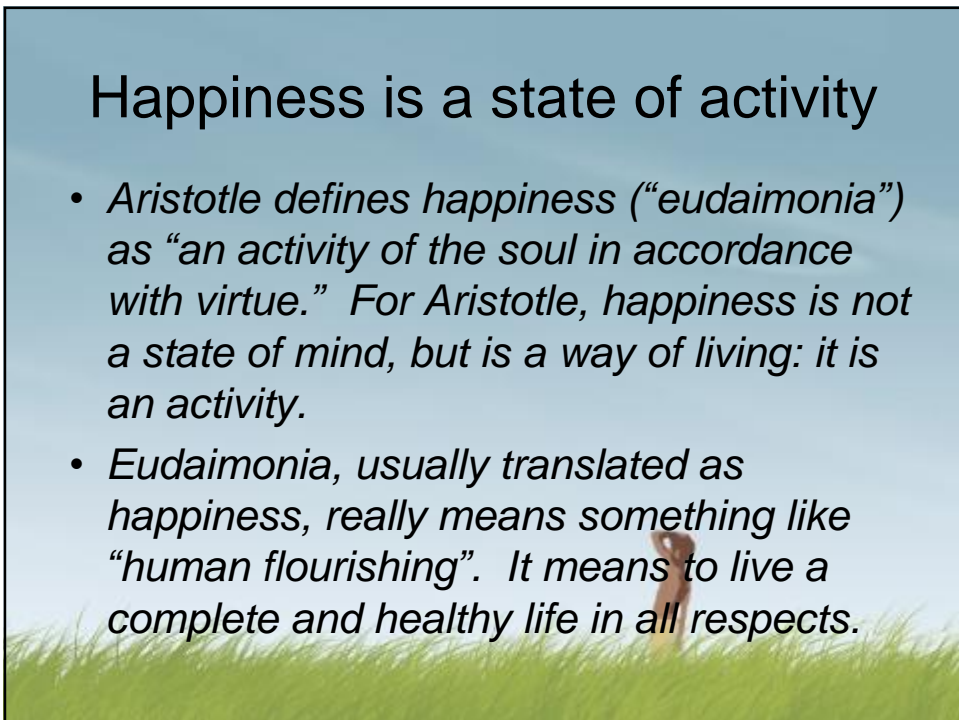
Happiness

-all humans have innate desires for life, liberty ... *Steven Pinker*
- “Happiness is the meaning and the purpose of life, the whole aim and end of human existence.” *Aristotle*
- “Happiness is a state of activity.” *Aristotle*



Happiness is a state of activity

- *Aristotle defines happiness (“eudaimonia”) as “an activity of the soul in accordance with virtue.” For Aristotle, happiness is not a state of mind, but is a way of living: it is an activity.*
- *Eudaimonia, usually translated as happiness, really means something like “human flourishing”. It means to live a complete and healthy life in all respects.*



History of the Ideas of Happiness

- Happiness = luck (Homeric era)
- Happiness = virtue (Classical era)
- Happiness = heaven (Medieval era)
- Happiness = pleasure (Enlightenment era)
- Happiness = warm puppy (Contemporary era)

McMahon, D.M. (2006). Happiness: A history. New York: Atlantic Monthly Press.

Positive Psychology

We believe that a psychology of positive human functioning will arise, which achieves a scientific understanding and effective interventions to build thriving individuals, families, and communities.

Positive Psychology is the science of studying happiness.

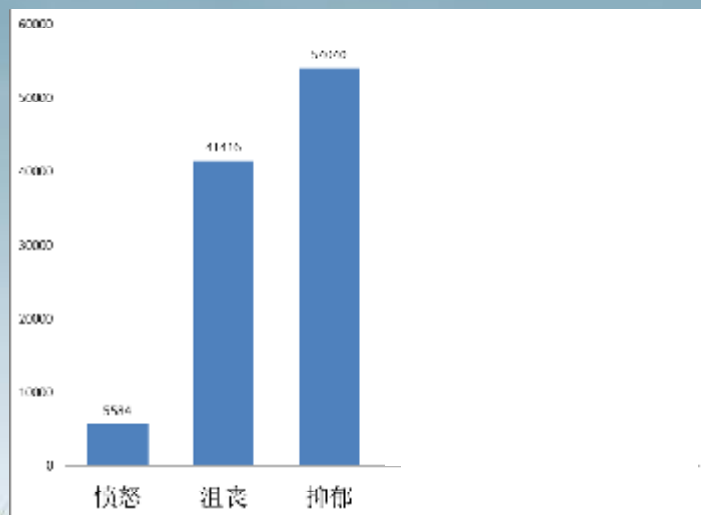


Martin Seligman

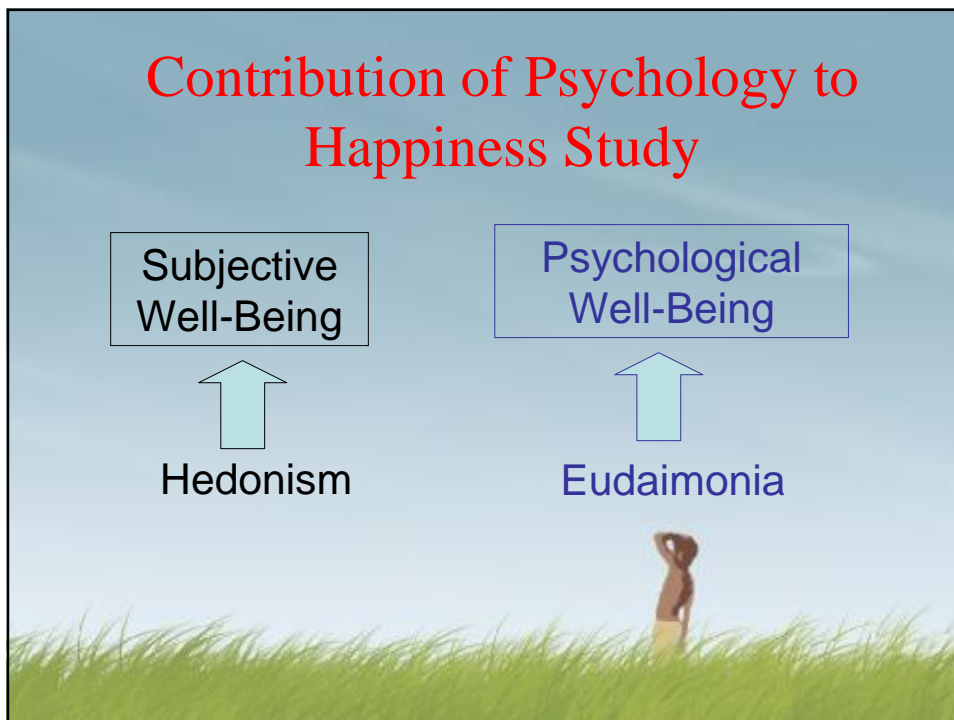
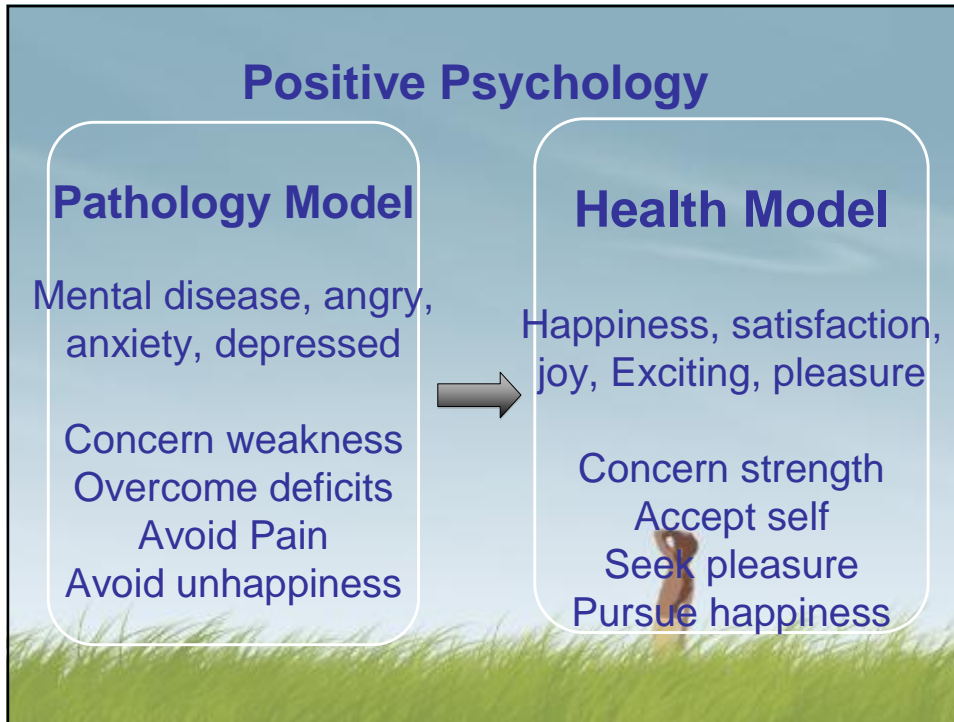
3 Missions of Psychology

- (1) Study psychological problems, treat mental and psychological disorders;
- (2) **Lead human to live a full and meaningful life;**
- (3) Identify and develop the gifted persons

Survey on Psychological Papers



Positive : Negative = 1 : 21



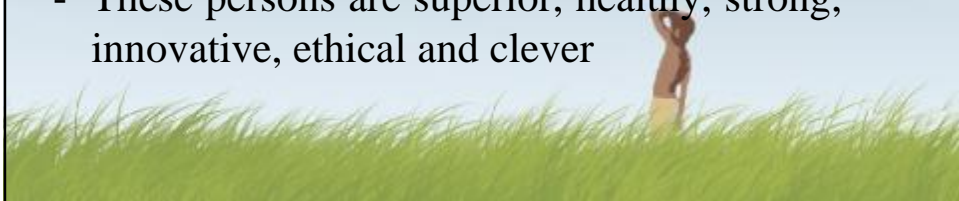
Components of Subjective Well-being

- (1) Positive affects, e.g. pleasure, sense of achievement, sense of pride, etc.
- (3) Negative affects, e.g. shame, anxiety, pressure, etc.
- (4) Life Satisfaction, e.g. work, family, health, economic situation, self, etc.



Self Actualization

- A process of continuous selected self-development, maximizing personal potentials, and frankly facing own responsibility
- Living life to the full, exceed materialistic needs
- These persons are superior, healthy, strong, innovative, ethical and clever



Peak Experience



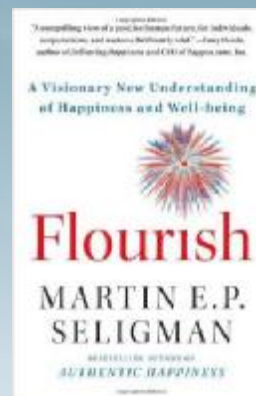
- Instance experience, that is stronger than any emotion
- Strong sense of happiness, extreme pleasure
- Get away from any negative senses
- Merge with the World



Happiness vs Well-Being



2002



2012





The Components of Well-being

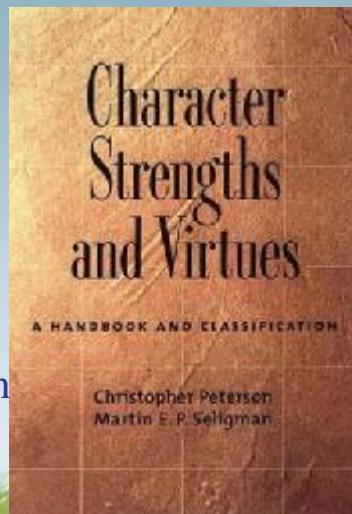


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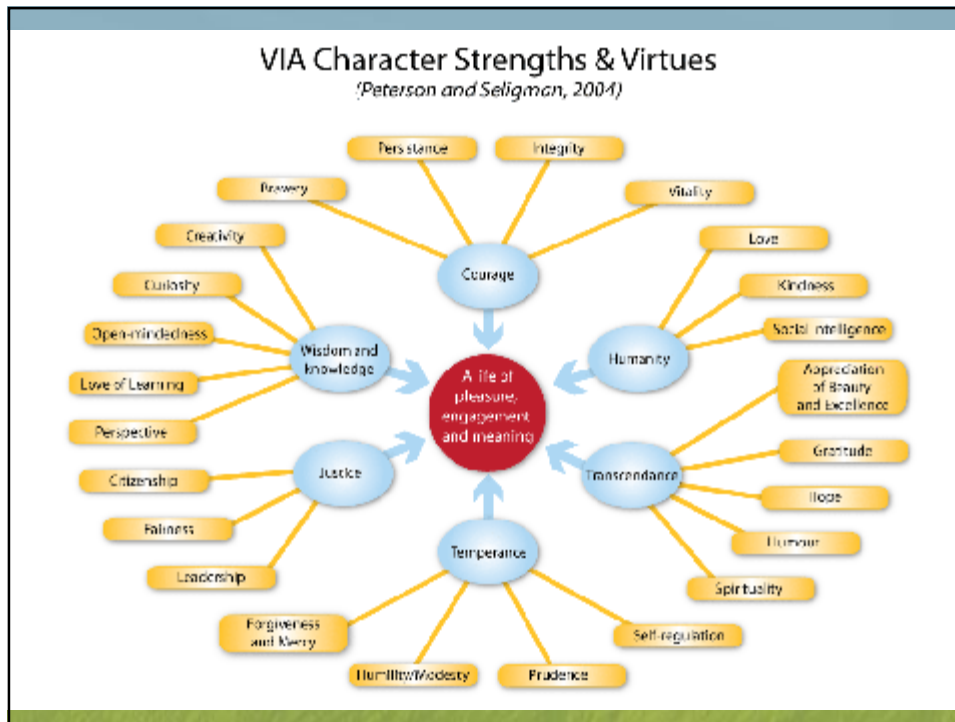
Character Strengths & Virtues



Martin Seligman



Chris Peterson



The Power of Positive Affects

Broaden & Build

- Broader cognitive organization
- Integrate diverse materials
- Creativity (think out of box)
- Happier
- Healthier
- More successful



Barbara Fredrickson

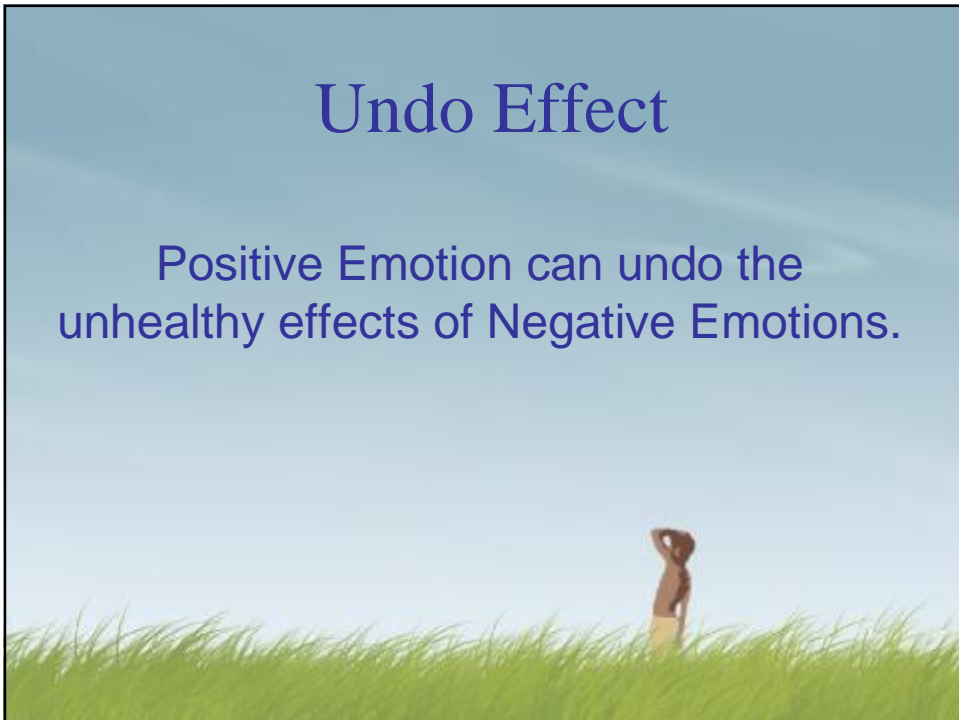
The Nuns Study

180Nuns



Undo Effect

Positive Emotion can undo the unhealthy effects of Negative Emotions.



Happy People are More Successful

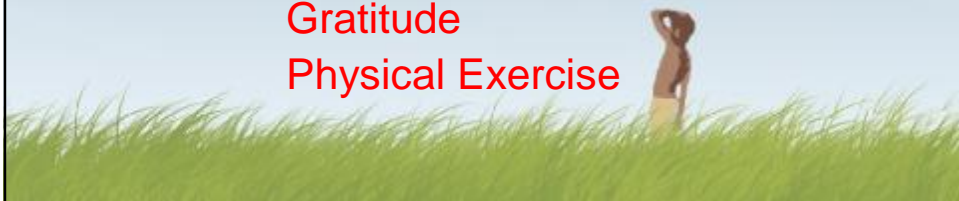
The degree of happiness in University students can predict their success after 19 years:

- Happier students – Higher income
- Happier students – More job satisfaction
- Happier students – Lower of rate of being fired



Positive Emotion

- Enjoy pleasure –
Savoring
- Discover happiness –
Three Good Things
- Create happiness –
Gratitude
Physical Exercise



Chris Peterson (1940-2012)
"Other People Matter."



Source of Happiness

Other People Matter.

- "Vital to happiness and health are caring about other people and having other people care about you. Research across all cultures shows that people need one another to thrive. If you have a good friend or loved one who gets more excited than you do when something good happens in your life – no ego, no hidden agenda, just genuine joy and support- that's priceless."

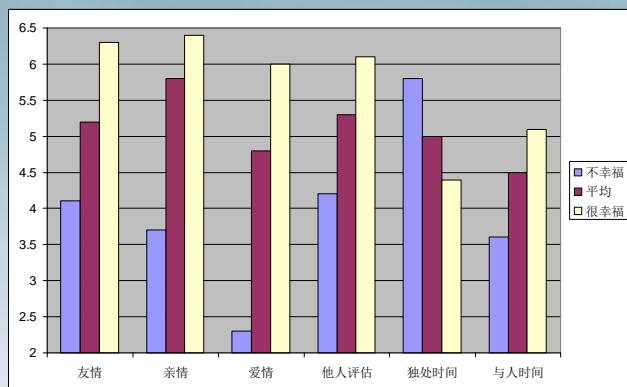
Source of Happiness

Domains of Life that Matter



- Work
- Love
- Play
- Service

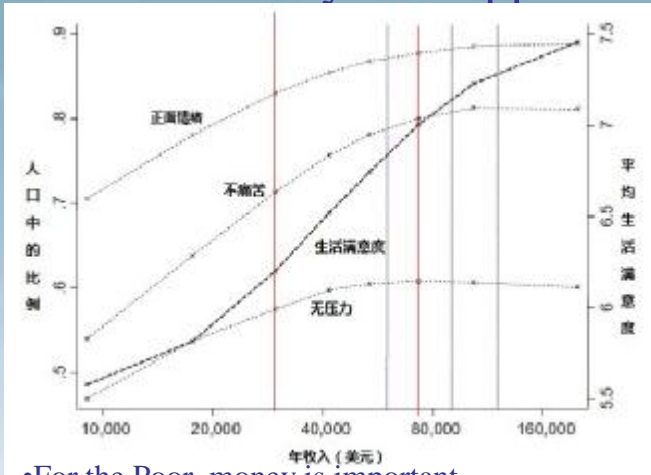
Other People Matter



Ed Diener

Friendship Love Being Alone With Others
Family Relations Other's comment

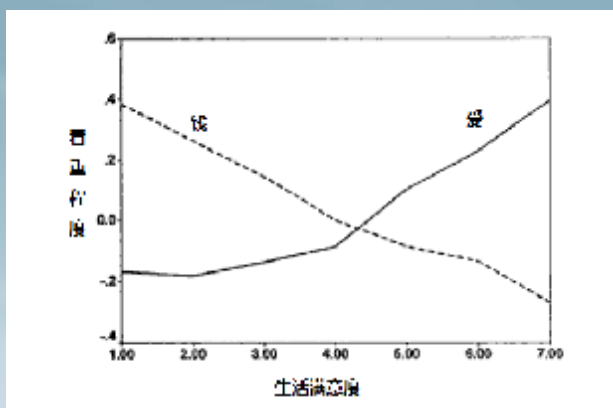
Money vs Happiness



Daniel Kahneman

- For the Poor, money is important
- For the Middle class, happiness that money can buy decreased.
- For rich people, money could not make you happier, only let you more satisfied.

Money vs Happiness



Ed Diener

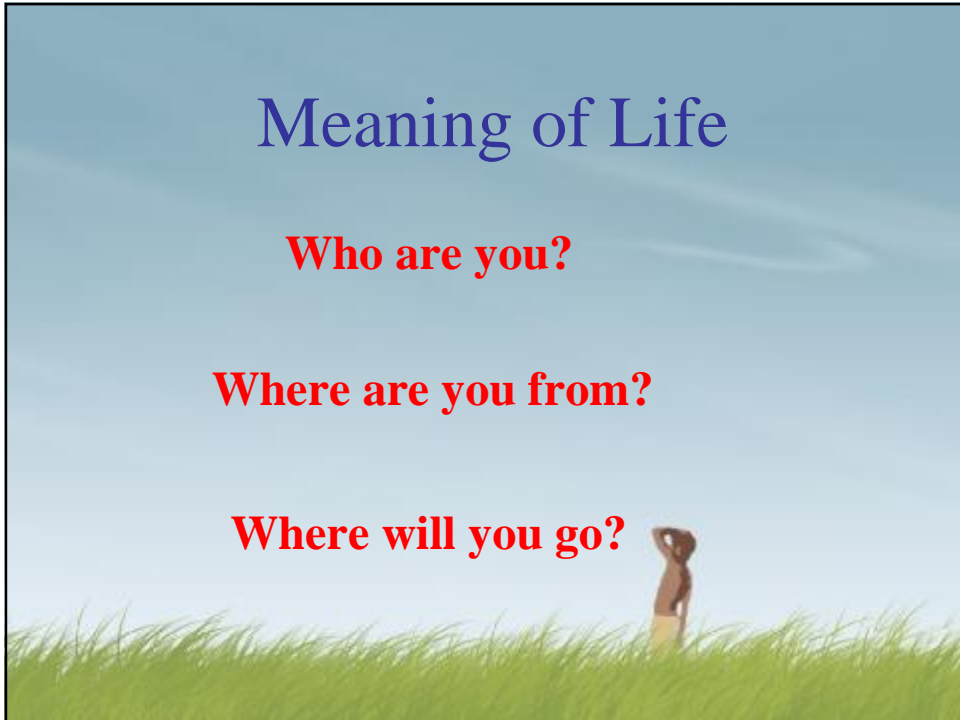
- Too serious about money, less life satisfaction
- Happier people are easier in earning money
- Happier people have better interpersonal relationship, better health and higher longevity

Meaning of Life

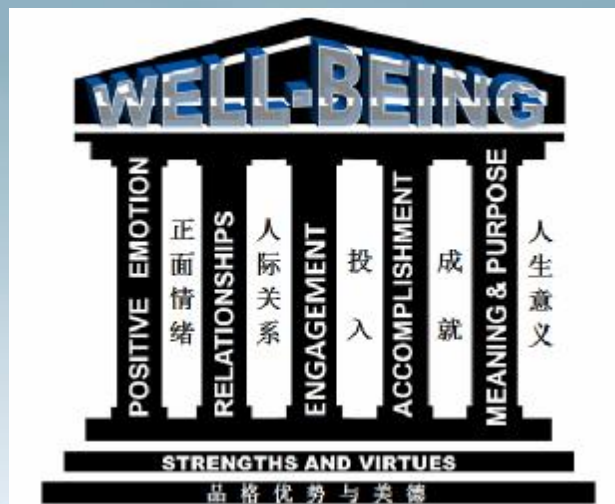
Who are you?

Where are you from?

Where will you go?



Inspiration from Positive Psychology



Change of Paradigm in History of OT



Occupational Science

意义
Meaning

心流
FLOW

Focused Topics in OS



Occupation

在文化背景下充实时间的日常活动
(Daily activities that can be named in the lexicon of the culture and that fill the stream of time)

Form
形式

Function
功能

Meaning
意义



All our clients shall lead the meaningful life of their choice

OT in Hong Kong
Hospital Authority

Vision

所有接受作业
治疗的人士能
过自己选择有
意义的生活



We seldom pick out “meaning” for analysis during daily live. We always neglect the importance of meaningful daily activities to ourselves.



We understand such meaning when we lose the ability to take care of ourselves.

you lose it



The Function of “Meaning”

- **Select a mode of living from the environment - survival**
 - Control and improve the environment
- **As Self control principle**
 - Based on personal values to set long term goals and choose own lifestyle

Baumeister, 1991

Meaning

- **Meaning is an abstract noun**
- **Varies with people**
- **Realize through activities**
- **Could communicate, share and affirm**
- **Discover or Create**
- **Enrich one's quality of life**

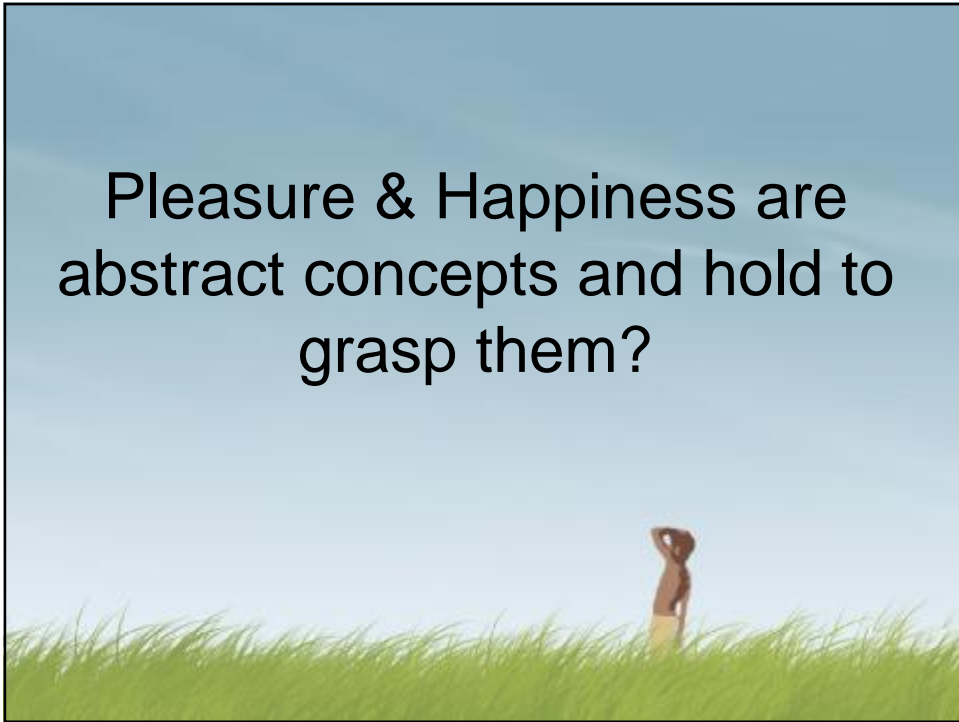
Meaning

Discovered

Created

Affirmed

Pleasure & Happiness are abstract concepts and hold to grasp them?



Pleasure

- Body
- Direct
- Short term
- Discrete
- Activity





Happiness

- Goal of life
- Intellectual
- Spiritual activity
- Long term / delayed gratification
- Active living
- Activity

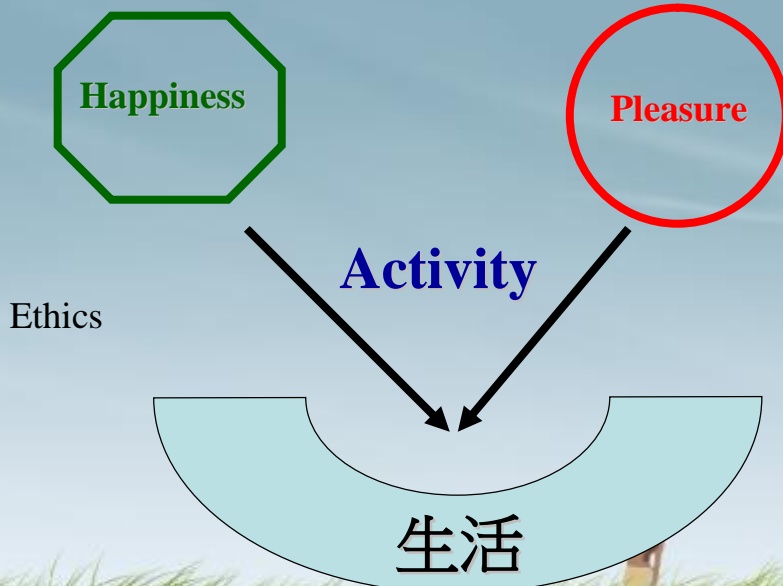


Create Meaning

Choice Context Celebration

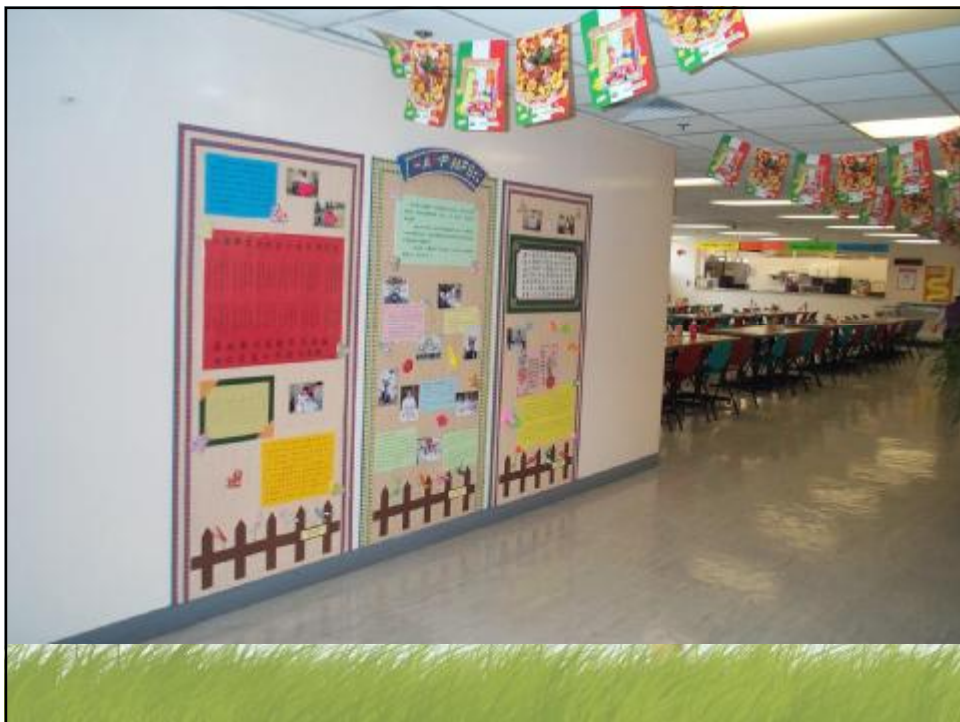
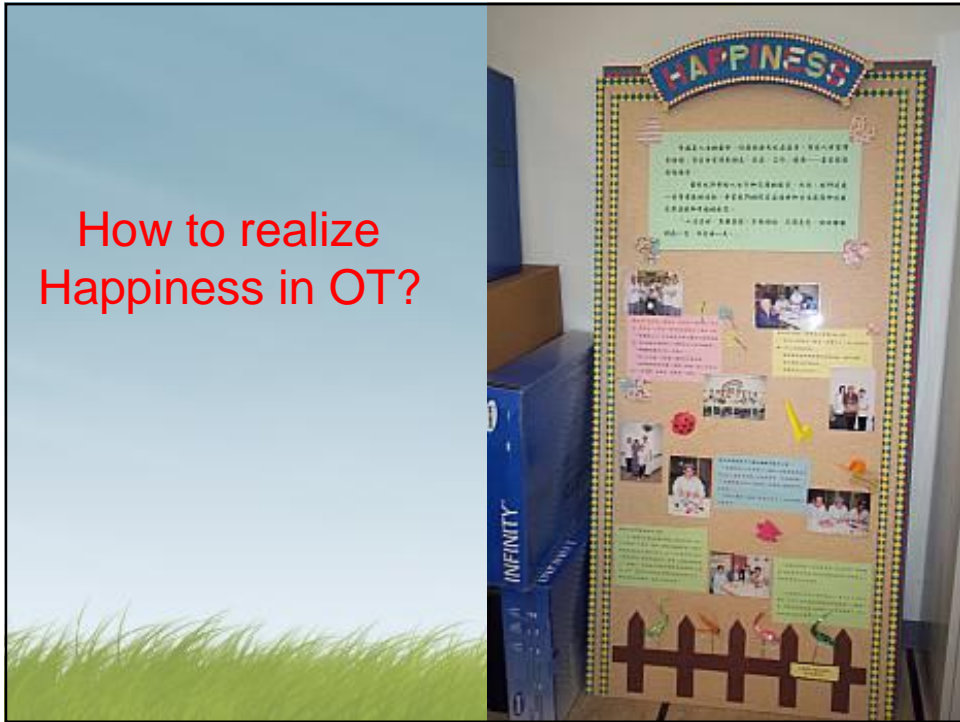
Meaningful Projects

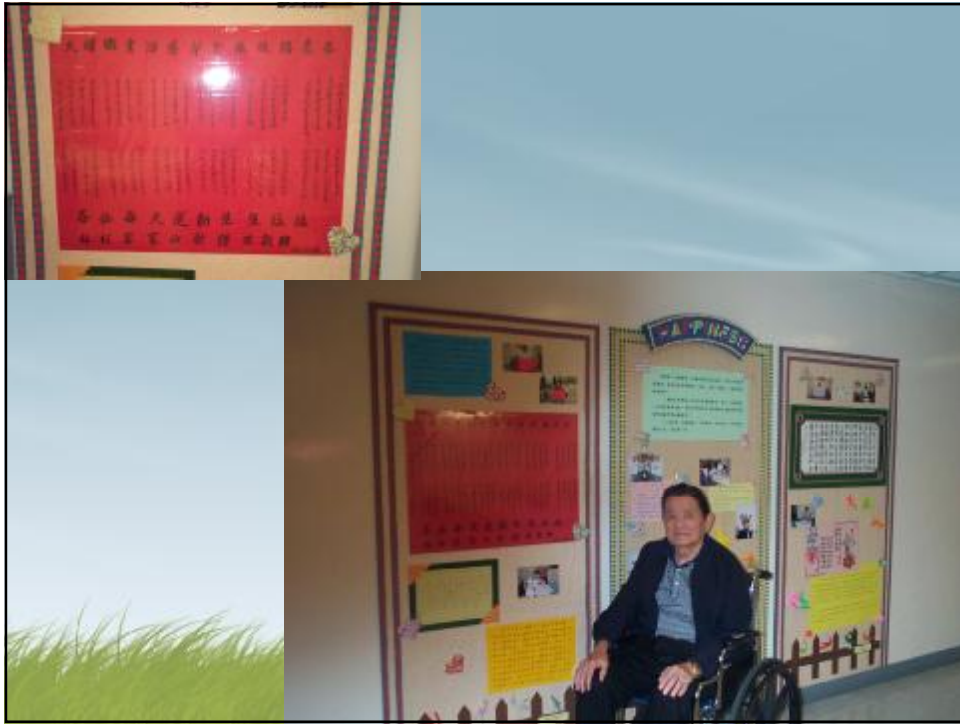
- **Happiness Project**
- 希望之旅
- 寻找生命意义的故事
- 净丝阁
- 加把径
- 吾川吾流
- 爱的配方



亚里士多德-伦理学

How to realize Happiness in OT?







A Journey to Hope

希望之旅

A Journey of Hope

- ü Under self hope and bring hope to others
- ü Invite patient to participate through poster promotion, mainly psychiatric patients
- ü Patient-led activities, therapist assist and facilitate
- ü Patient design form of activities through discussion
- ü Promote concerns of others
- ü Members to invite new members in ward to promote more social interaction

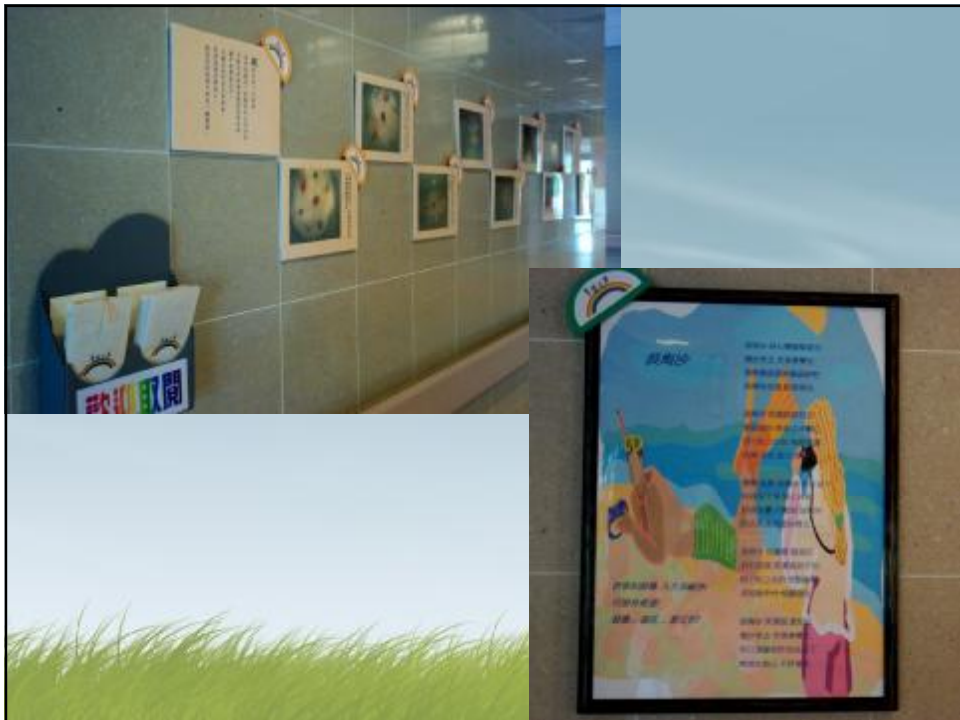
Content



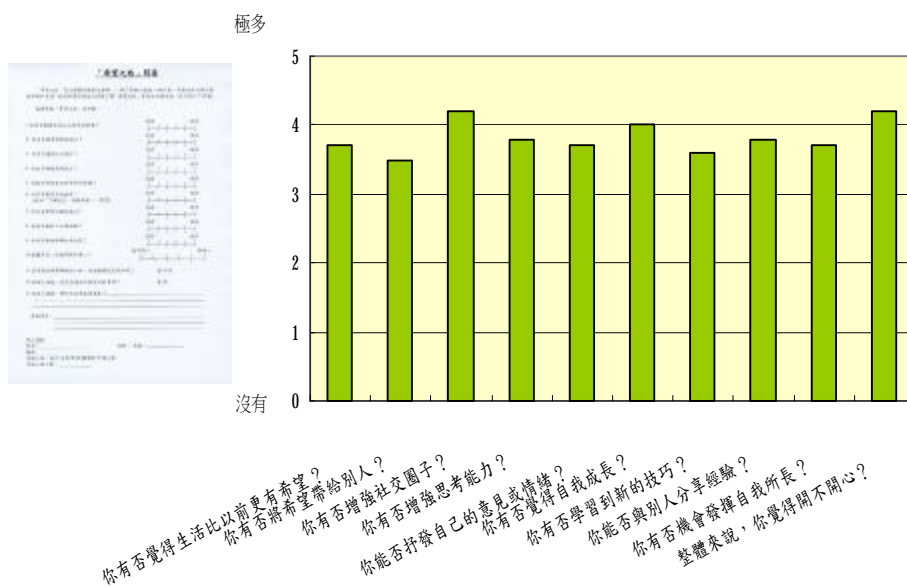
- Five categories of product are formulated which highlight the sense of hope.
 - Tree of Hope(愿望树)
 - Cartoon(卡通人物)
 - Article(文章)
 - Lyric(歌词)
 - Photograph(相片)

A Journey of Hope

- ü Get information through internet
- ü Learn Chinese character processing
- ü Learn using digital camera
- ü Practice poster design
- ü Experience planning and organizing activities
- ü Improve social and communication skills



「希望之旅」問卷



Patients' Feedback

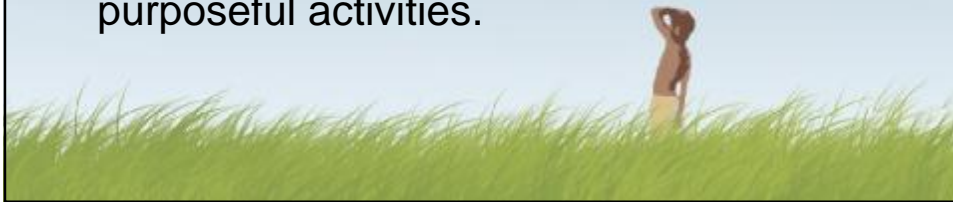


- “我以前学画人像素描，现在可帮忙画卡通人物，觉得好开心。”
- “我唔识画画，但我觉得「希望之旅」有意义，卡通人物又得意，所以参加。”
- “我想将希望讯息带给其它人。”
- “我觉得好开心可以参加「希望之旅」，因为我自己经历过由失望变成希望，我很想将这个讯息传给其它院友。”

Clinical Significance



- An example to facilitate patients to **externalize abstract concept**, i.e. hope, into a particular action.
- **Use of occupation.**
- An opportunity for **gaining and creating meaning** through those self-selected purposeful activities.



O'DAILY 喜氣洋洋 LOCAL NEWS 港聞

公立醫院推動 增抗病信心

快樂治療助病者重拾生趣

醫學進步令疾病死亡率漸減，為令病人活得長久之餘亦可活得快樂。醫院管理局逐步在公立醫院引入「快樂治療」，協助病人重新肯定自我能力和價值，在病榻中仍能感到幸福。

本報記者

伊利亞的醫院職員由標準化程度開始，不少普治病的加糖疾病和癌症等，藥物雖能延長病人生命，但導致副作用也們，甚至因副作用而令病人痛苦，令病人感到痛苦。本報記者曾於去年訪問推行多項措施，令病人快樂。

寓治療於工作

大埔醫院職業治療部經理黃文儀，「快樂治療」其中一個重要因素，是鼓勵病人本身參與，透過活動重新肯定

這方面性來，例如，病人擅長演奏樂器，職方提供輔助器具幫助他們重新演奏，甚至安排其他病人「充當樂隊」齊奏表演，令到他們開心。

大埔醫院在兩年間開始推行部門策劃計畫，在病人製作手工藝品和實物，既可減少病榻冷冰冰的感覺，令病人心情較輕鬆，也可讓病人看到自己的貢獻或正，增加自豪感。現時大埔醫院的布置全由病人「承包」，今年新春的佈置也是病人的傑作。

他表示，病人在日常活動中能同時的康復，例如病人在揮霍和揮灑的時候的動作，可以繼續練習，有且更加容易和控印包。

製成品有高賣價值

病人給予工藝品更顯「有價有市」，樂團樂隊，有關係會用這些作品「賺一筆」。九龍醫院材料科在平時製作，由病人製作了大量的實物在醫院，有認識員以每個兩元向他們購買，員來源是居民，曾獲讚稱「盈利」歸於病人。

黃文儀直言，慢性病人往往對前途感到十分悲觀，「快樂治療」可以為他們帶來希望，但這一堆人認為這不是好事，對他們亦可以發揮最大作用：「人有時不捨得欣賞自己，這些活動提供機會讓病人表現，協助他們重新欣賞和認同自己的能力。」

圖為病人製作的絲綢畫。

Our River



- ✦ Life as River
- ✦ Stones as barriers and difficulties in life
- ✦ Driftwood to restore flow of the river
- ✦ Interact with environment to solve problems
- ✦ Develop character strength to solve activity limitations and help patients to return to community
- ✦ Share with others through display in hospital environment

吾川吾流



Our River



Our River



彩
适
爱
心

吾川吾流



院友心声分享：

人生就如河流一样，顺流及逆流，全有赖河上的浮木；生命幸福或孤独与否，亦依靠家人、朋友、学校及社会的支持。纵然浮木众多，亦难以抵挡无数的沙石，我们自己也需要自强起来，面对一切困难，人生才可顺流而去，逆流而上！

Thanks to our Love One

Promote interpersonal and family through cooking class. Patients enjoy the process of cake making and learn how to share with others. This promote self-confidence and satisfaction. The activity provide opportunity for caring of significant others. The love recipe carries a warm message of Love.

Thanks to My Love One



Thanks to My Love One



The Recipe of Love

- ✦ Appropriate Support
- ✦ Great amount of Communication
- ✦ 1 litre of Praise
- ✦ 200 g of Concern
- ✦ 2 spoonful of Activeness
- ✦ 1 dozen of Acceptance
- ✦ A little bit Fun



Bake with 200 °C for the whole life, to
make a wam and delicious Home

Display of Patients' Work

- ✿ Provide Exhibition facilities
- ✿ Improve patients' confidence

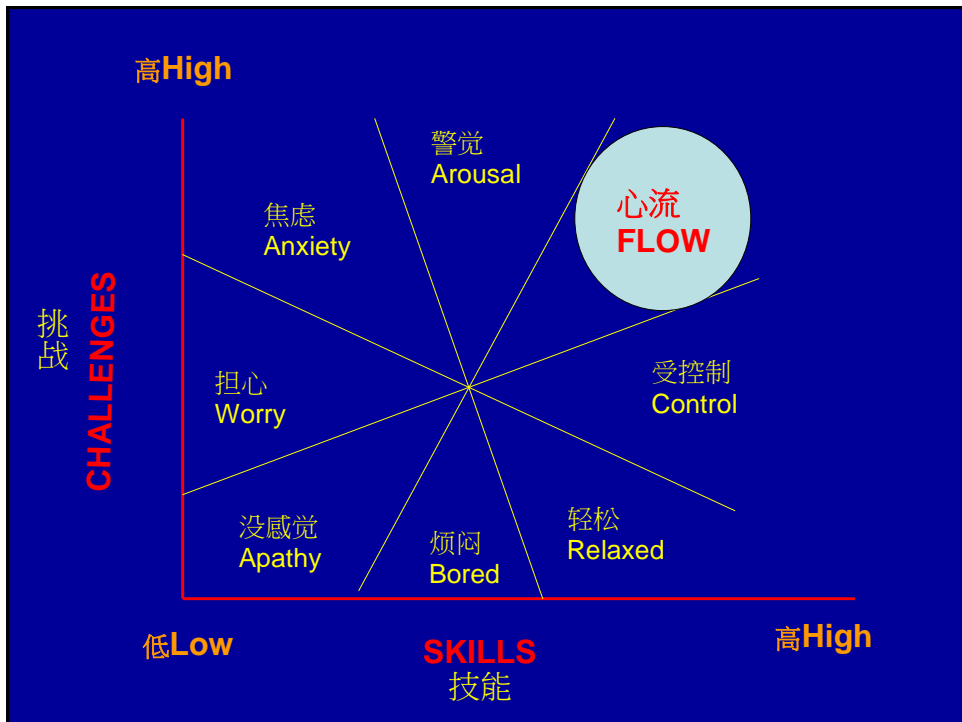


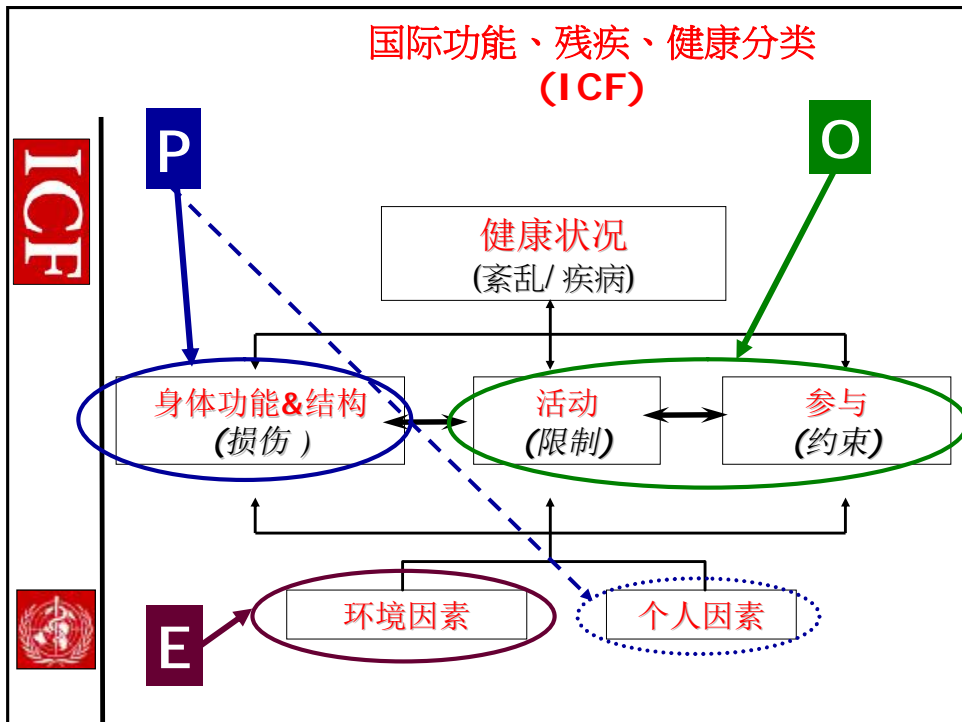
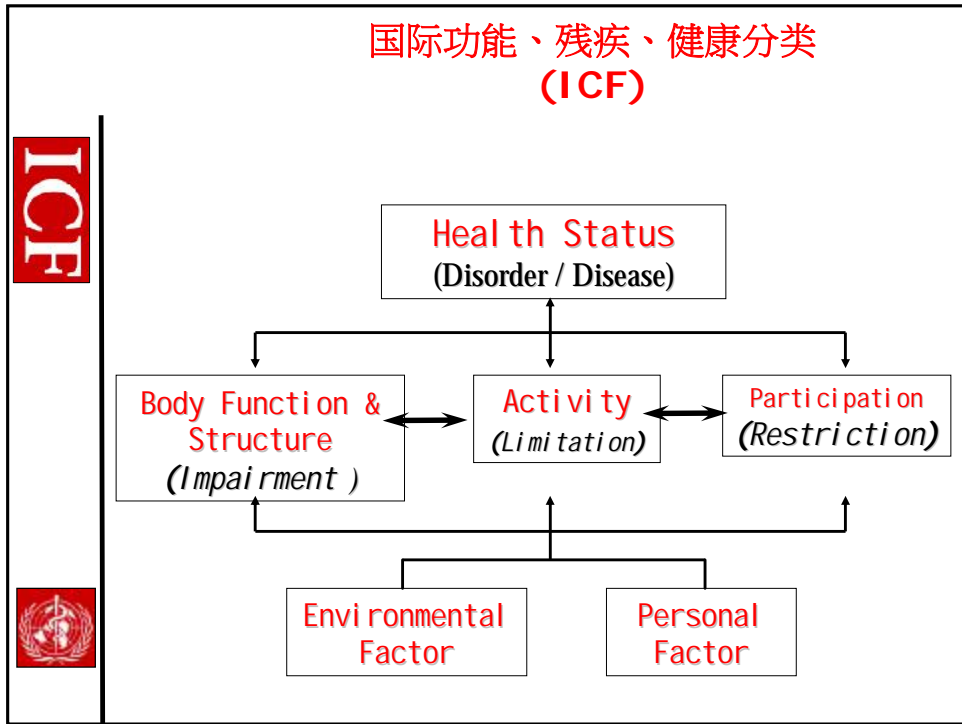
Craft Design



Home





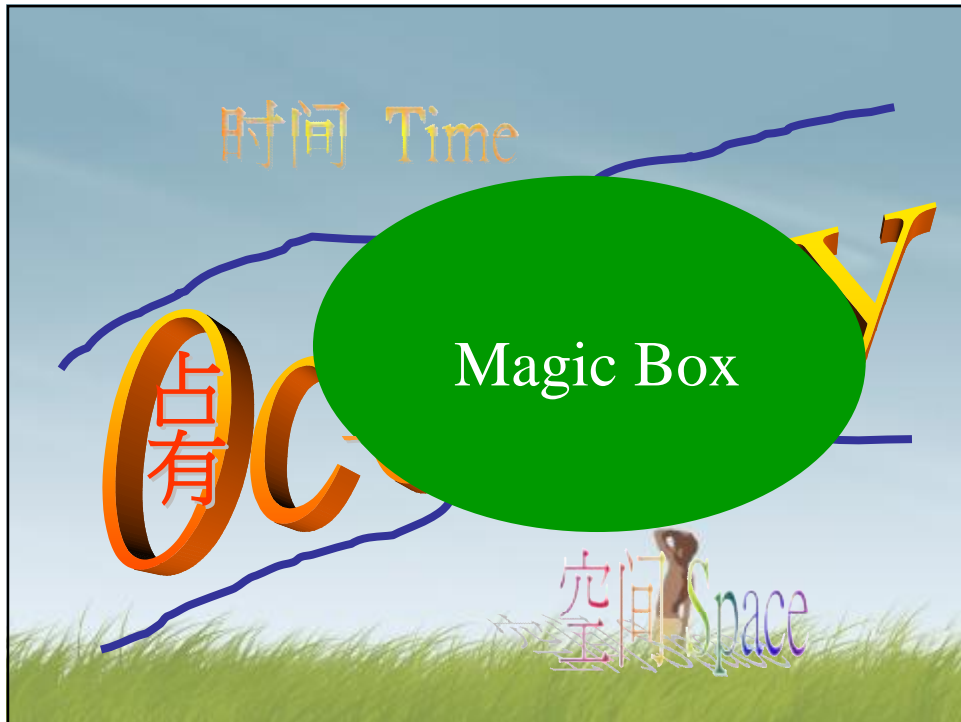


Application of ICF concept in OT

Cancer Pt		I C F		
		Body Fx & Structure	Activity	Particiaption
P	Patient Problems	Pain, fatigue, weakness, pressure sore, fracture	Cannot write, feed oneself, eat, walk	Seldom go out, reduce social activities
O	Meaningful activities	Handicraft, Qigong, Mahjong	Dressing, eating, transfer training	Family gathering, develop hobbies
E	Therapeutic adaptation	Splint, wheelchair, cushion	Adapted aids	Architectual modification, computer

A Revisit of OT!





爱·生活

Love Living

- About

- Meaningful life
- Stress management
- Positive psychology
- Community resources
- Meaningful stories





活 To Live

- 生有限、活无限
- 人有选择活的权利

To live is unlimited
We have choic

選擇參與怎樣的生活！

O.T. & Participation



Participation Restriction



How to Enhance Participation?

- Motivate
- Change
- Process and Accompany
- Feedback and Encourage
- Improve Confidence
- Increase Satisfaction and Happiness

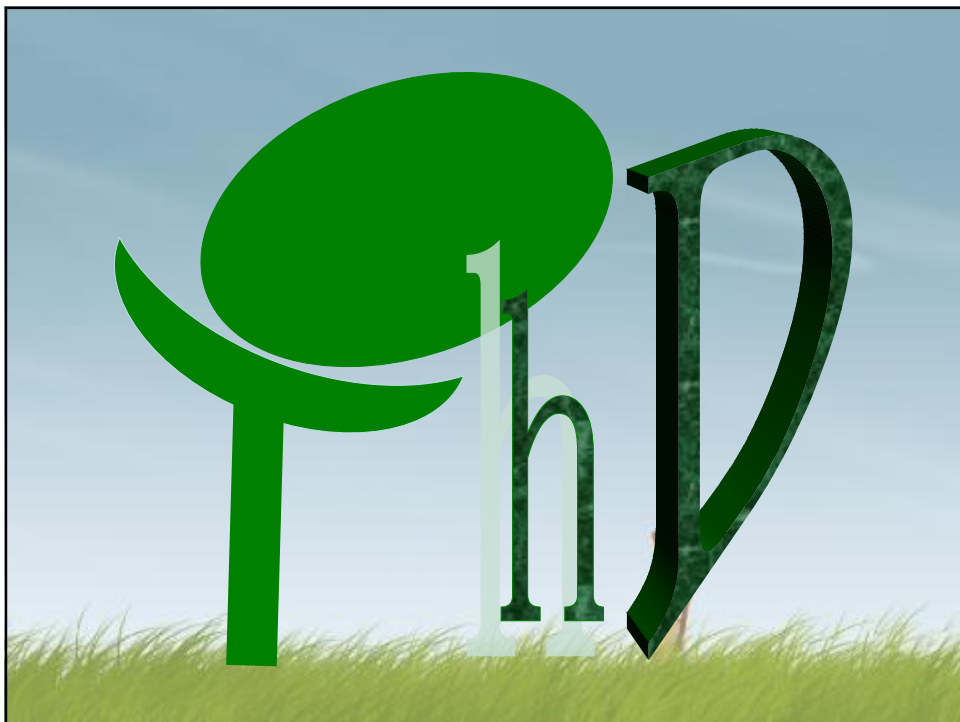


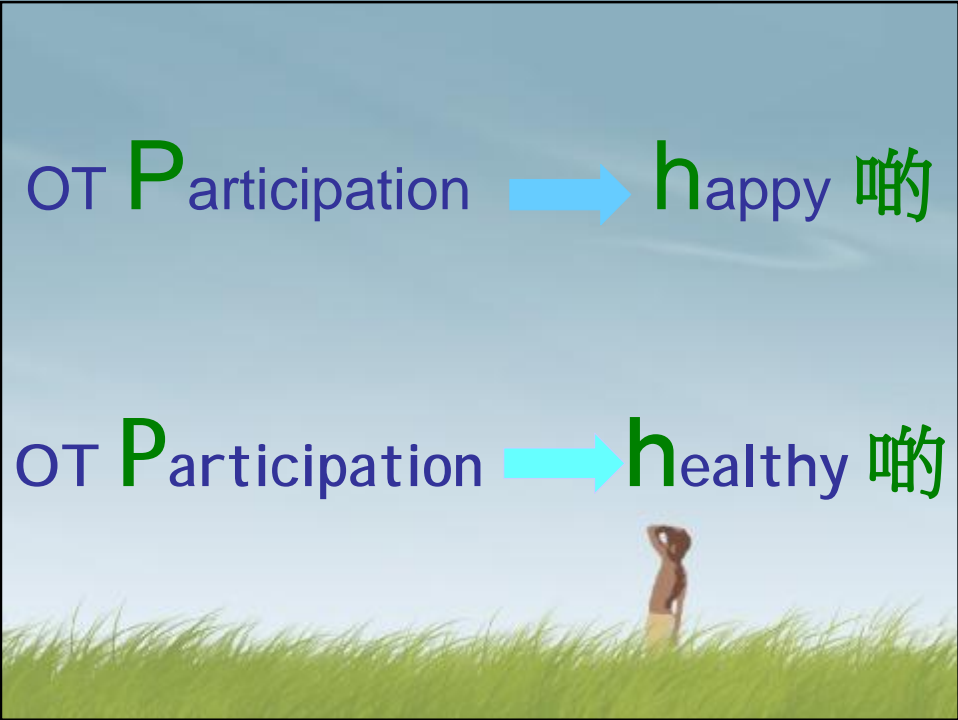












Summary

- Health & Happiness are everybody's wish
- Happiness promotes Health
- Participation is component of Health
- Occupation is daily living
- OT's Role is to Enhance Participation to Achieve Health & Happiness Goals

Thank You