

## Community Practice in Occupational Therapy for Family Empowerment

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Occupational therapists along with other rehabilitation professionals recognize the importance of providing services to clients in the community in to identify potential barriers to functional performance while engaging in client centered care. A need for rehabilitation resulting from trauma or developmental delay is most often recognized within a medical environment such as a hospital or clinic, where the focus is on evaluation and short-term intervention. However, without better understanding of the client's home environment, intervention may be inadequate to address challenges faced, once a client returns home. to functional performance that client returns home.

Occupational therapy has long recognized that the integration of people with disabilities back into their community and life roles can best be accomplished in their natural environment and not in institutions. Community practice embraces the uniqueness of a person's home, family and culture as the basis for rehabilitation and experience has shown compliance with interventions is enhanced when family or significant others collaborate with a therapist in planning and implementing services.

Therapists who practice in the community, experience a paradigm shift from an authoritarian model to a collaborative model with the client and the client's family empowered to identify their needs and goals for rehabilitation services. Community practice goes beyond merely listening to the client without experiencing their actual home, community, cultural expectations and significant others in their life. Services provided in a client home brings into focus physical barriers as well as socioeconomic factors that contribute to the success of rehabilitation.

What a therapist has available for intervention within an institution is usually very different from what a client has at home. For example, while making a home visit to a client with physical challenges, I found an environment with stairs and other physical barriers that made it impossible for her to access the areas of her home she most valued for dignity and performance of life skills. When working with children in a clinic, a therapist may have a variety of toys and other developmental resources that do not exist in that child's home. By working within the child's natural environment with a parent or other caregiver, the therapist can identify activities to improve the child's functional performance while empowering the parent to continue therapy between formal sessions.

Community practice bridges the gap between a person's reliance on others to make decisions about their lives and increases their autonomy to make decisions and perform valued activities. There is also a cost benefit to be realized when utilizing resources outside medical institutions. When therapists work with families and clients in their natural environment, there is increased understanding about benefits of suggested interventions. Whether it be a physical home modification or instruction to a caregiver to implement therapeutic activities when the therapist is not present, it is the collaboration that empowers families to enhance rehabilitation of a loved one. As a client and family learn methods to keep the client safe at home, this reduces the possibility of further more costly institutional care.

Results of occupational therapy or other rehabilitation interventions are enhanced by a better understanding of a client, their roles and valued activities as well as family or community expectations.

Drawing from the significance of occupational therapy's role in empowering families within community settings, we eagerly anticipate the exchange of innovative developments and projects to inaugurate occupational therapy within our communities. The practice of occupational therapy within communities is pivotal in enabling families and bolstering the rehabilitation process. By seamlessly integrating therapeutic interventions into the natural environments of individual cases, therapists adeptly navigate real-life challenges, ensuring more effective and sustainable outcomes. This approach fosters collaboration, cultural sensitivity, and amplifies the autonomy of both the individual case and their family unit. Ultimately, community-based practices bridge the divide between clinical settings and daily life, offering a comprehensive, person-centered framework that notably elevates the quality of care and sustains long-term recovery and quality of life.

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## 作业治疗之家庭赋能 - 社区作业治疗实践

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作业治疗师及其他康复专业人员认识到在社区内为个案提供服务的重要性, 以识别功能表现中的潜在困难, 并提供以个案为中心的医疗和照护。尽管近年来在医院或诊所等医疗环境中, 因创伤或神经生长发育的挑战而需要康复的需求趋于明显, 但如果不了解个案的家庭环境以及社群文化, 干预措施可能不足以解决他们回家后面临的挑战。

作业治疗长期以来认识到, 将有特殊医疗需求的人士重新融入社区和生活角色的最佳途径是在他们的自然环境中, 而不是在机构中。社区实践强调个人的家庭、家庭成员和文化的独特性作为康复的基础, 实践经验表明, 当家庭或重要他人与治疗师合作规划和实施服务时, 干预的依从性会得到增强。

在社区中实践的治疗师从权威模式转变为协作模式, 个案及其家庭被赋权来识别他们的康复需求和目标。社区实践不仅仅是倾听个案的声音, 而是体验他们的实际家庭、社区、文化期望及其生活中的重要他人。在个案生活的自然环境中提供服务时, 物理障碍和社会经济因素得以凸显, 这些因素影响着康复的成功。

治疗师在机构中提供的干预措施通常与个案在家中的条件有很大不同。例如, 当我在家访一名有身体障碍的个案时, 我发现环境中楼梯和其他物理障碍, 使她无法进入家中她最重视的区域, 从而影响尊严和生活技能的表现。与在诊所中使用各种玩具和发育资源不同, 家庭环境中的资源有限, 通过在孩子的自然环境中与父母或其他看护者合作, 治疗师可以识别出有助于改善孩子功能表现的活动, 同时赋能父母在正式治疗之间继续进行康复训练。

社区实践弥合了个人依赖他人决策与自主决策和执行有价值活动之间的差距。当在自然环境中利用资源时, 还能实现成本效益。当治疗师在个案的自然环境中与其家庭合作时, 对建议干预措施的益处会有更深入的理解。无论是家庭物理环境的改造, 还是对看护者实施治疗活动的指导, 这种协作都能赋能家庭, 增强对亲人的康复效果。当个案及其家庭学会如何在家中保持安全时, 可以减少进一步更昂贵的机构康复的可能性。

作业治疗或其他康复干预的结果，通过更好地理解个案及其角色、价值活动以及家庭或社区的期望而得到增强。

基于作业治疗在社区环境中赋予家庭力量的重要性，我们怀着热切期待，期盼着分享创新的发展和项目，以在社区中开展作业治疗。社区作业治疗的实践对于家庭赋能和康复过程至关重要。通过将治疗干预融入个案的自然环境中，治疗师能够巧妙地应对现实生活中的挑战，确保更有效和可持续的成果。这种方法促进了协作，尊重文化和家庭背景，并增强了个案及其家庭的自主性。最终，社区实践弥合了临床环境与日常生活之间的差距，提供了一个全面的、以个案为中心的框架，显著提高了康复质量并支持长期幸福感与生活质量。

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