

## 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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## 作業治療之家庭賦能 - 社區作業治療實踐

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作業治療師及其他康復專業人員認識到在社區內為個案提供服務的重要性，以識別功能表現中的潛在困難，並提供以個案為中心的醫療和照護。儘管近年來在醫院或診所等醫療環境中，因創傷或神經生長發育的挑戰而需要康復的需求趨於明顯，但如果不瞭解個案的家庭環境以及社群文化，干預措施可能不足以解決他們回家後面臨的挑戰。

作業治療長期以來認識到，將有特殊醫療需求的人士重新融入社區和生活角色的最佳途徑是在他們的自然環境中，而不是在機構中。社區實踐強調個人的家庭、家庭成員和文化的獨特性作為康復的基礎，實踐經驗表明，當家庭或重要他人與治療師合作規劃和實施服務時，干預的依從性會得到增強。

在社區中實踐的治療師從權威模式轉變為協作模式，個案及其家庭被賦權來識別他們的康復需求和目標。社區實踐不僅僅是傾聽個案的聲音，而是體驗他們的實際家庭、社區、文化期望及其生活中的重要他人。在個案生活的自然環境中提供服務時，物理障礙和社會經濟因素得以凸顯，這些因素影響著康復的成功。

治療師在機構中提供的干預措施通常與個案在家中的條件有很大不同。例如，當我在家訪一名有身體障礙的個案時，我發現環境中有樓梯和其他物理障礙，使她無法進入家中她最重視的區域，從而影響尊嚴和生活技能的表現。與在診所中使用各種玩具和發育資源不同，家庭環境中的資源有限，通過在孩子的自然環境中與父母或其他看護者合作，治療師可以識別出有助於改善孩子功能表現的活動，同時賦能父母在正式治療之間繼續進行康復訓練。

社區實踐彌合了個人依賴他人決策與自主決策和執行有價值活動之間的差距。當在自然環境中利用資源時，還能實現成本效益。當治療師在個案的自然環境中與其家庭合作時，對建議干預措施的益處會有更深入的理解。無論是家庭物理環境的改造，還是對看護者實施治療活動的指導，這種協作都能賦能家庭，增強對親人的康復效果。當個案及其家庭學會如何在家中保持安全時，可以減少進一步更昂貴的機構康復的可能性。

作業治療或其他康復干預的結果，通過更好地理解個案及其角色、價值活動以及家庭或社區的期望而得到增強。

基於作業治療在社區環境中賦予家庭力量的重要性，我們懷著熱切期待，期盼著分享創新的發展和項目，以在社區中開展作業治療。社區作業治療的實踐對於家庭賦能和康復過程至關重要。通過將治療干預融入個案的自然環境中，治療師能夠巧妙地應對現實生活中的挑戰，確保更有效和可持續的成果。這種方法促進了協作，尊重文化和家庭背景，並增強了個案及其家庭的自主性。最終，社區實踐彌合了臨床環境與日常生活之間的差距，提供了一個全面的、以個案為中心的框架，顯著提高了康復品質並支持長期幸福感與生活品質。

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