

Table 13-4

REHABILITATION APPROACH

Focus	<ul style="list-style-type: none"> • Top-down approach • Evaluation of the performance areas of work, play, and self-care • Identify environmental demands and resources • Focus on the client's strengths and ability to participate in areas of occupation • Little or no expectation for change or improvement in impairments • Focus on context, activity demands, performance patterns, activity limitations, and participation restrictions
ASSUMPTIONS	<ul style="list-style-type: none"> • The ability to function is essential to well-being. • Motivation is based on the client's values, roles, and context. • There are secondary benefits to improving performance. • Humans can adapt to their limitations and capitalize on their strengths. • Through adaptation and compensation, clients can regain meaning, resumption of roles, and a sense of purpose.
FUNCTION	<ul style="list-style-type: none"> • To maintain oneself, take care of others and the home • The ability to advance oneself through work, learning, and financial management • To enhance the self through self-actualizing activities
EXPECTED OUTCOMES	<ul style="list-style-type: none"> • Learning new skills or use of devices to resume life roles • Maintaining or improving quality of life • Prevention of disability • Enhanced self-efficacy and satisfaction with performance • Improved adaptation to occupational challenges
METHODS	<ul style="list-style-type: none"> • Changing the task via: <ul style="list-style-type: none"> ◦ Adapted task methods or procedures ◦ Adapting the task objects, adaptive devices, or orthotics • Changing the context via: <ul style="list-style-type: none"> ◦ Environmental modification ◦ Training the caregiver or family ◦ Mobility adaptations ◦ Disability prevention

Table 13-5

STRENGTHS AND LIMITATIONS OF THE REHABILITATION APPROACH**STRENGTHS**

- Widely documented
- Extensively used
- Concepts easy to explain
- Intervention often visual, concrete
- Range of options available; can be easily matched to the needs of the individual
- Intervention results may be rapid

LIMITATIONS

- May have the tendency to be reductionistic
- Needs full analysis of need of device or method matched with person, environment, and occupation
- Not appropriate for clients with impaired cognition
- Seen as conflicting with other types of intervention
- Need to understand what the changes mean to the client (psychologically, socially, culturally, etc.)
- Transfer and generalization may not occur