

I have observed that if they are given a TV and lots of beer they tend to be less active

Conceptualization and categorization of occupation

Hans J 2016-03-18

18

Researching Retirement Studies That Lead to New Ways to Look at Freedom and the Categorization of Occupation

Occupational Science for Occupational Therapy

Occupations of Elderhood

Occupation is as necessary to life as food and drink

One occupation that stands out from others

Some occupations are more important than others

Patterns healthy and unhealthy

Healthy and active or Active and healthy?

Occupation is as necessary to life as food and drink

7201

RECONSTRUCTION
THERAPY

BY
WILLIAM RUSH DUNTON, JR., M.D.

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ILLUSTRATED

PHILADELPHIA AND LONDON
W. B. SAUNDERS COMPANY
1919

CREDO


That occupation is as necessary to life as food and drink.

That every human being should have both physical and mental occupation.

That all should have occupations which they enjoy, or hobbies. These are the more necessary when the vocation is dull or distasteful. Every individual should have at least two hobbies, one outdoor and one indoor. A greater number will create wider interests, a broader intelligence.

That sick minds, sick bodies, sick souls, may be healed thru occupation.

Download whole book of William Rush Dunton from:
<https://archive.org/details/reconstructionh00duntiala>



BMJ VOLUME 319 21 AUGUST 1999 www.bmj.com

Population based study of social and productive activities as predictors of survival among elderly Americans

Thomas A Glass, Carlos Mendes de Leon, Richard A Marottoli, Lisa F Berkman

Objectives To examine any association between social, productive, and physical activity and 13 year survival in older people.

Design Prospective cohort study with annual mortality follow up. Activity and other measures were assessed by structured interviews at baseline in the participants' homes. Proportional hazards models were used to model survival from time of initial interview.

Setting City of New Haven, Connecticut, United States.

Participants 2761 men and women from a random population sample of 2812 people aged 65 and older.

Main outcome measure Mortality from all causes during 13 years of follow up.

Table 2 Details of activities and proportion (percentage) of participants who engaged in them at baseline in 2812 elderly people in New Haven, CT, United States

Detail of activity	Sometimes	Often	No of participants with missing data
Social:			
Church attendance	43.8	1.7	50
Visits to cinema, restaurants, sporting events	34.2	25.4	51
Day or overnight trips	22.1	9.9	52
Playing cards, games, bingo	14.6	20.5	52
Participation in social groups	41.2	NA	50
Fitness:			
Active sports or swimming	5.4	5.2	53
Walking	29.5	42.4	52
Physical exercise	18.0	17.8	52
Productive:			
Gardening	13.9	17.0	51
Preparing meals	13.2	70.3	51
Shopping	22.4	62.6	53
Unpaid community work	5.6	8.1	52
Paid community work	1.9	1.2	54
Other paid employment	NA	12.5	37

Results All three types of activity were independently associated with survival after age, sex, race/ethnicity, marital status, income, body mass index, smoking, functional disability, and history of cancer, diabetes, stroke, and myocardial infarction were controlled for.

Conclusions Social and productive activities that involve little or no enhancement of fitness lower the risk of all cause mortality as much as fitness activities do.

Table 3 Mortality over 13 years in elderly people in New Haven, CT, United States* by quarter of distribution of each type of activity

Quarter	Social activity	Productive activity	Fitness activity
Low	74.0	85.6	74.0
Low-medium	69.6	74.0	69.8
Medium-high	62.5	61.2	62.4
High	53.7	50.9	55.2

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STAY SOCIAL!!

STAY ENGAGED!!

STAY FIT!!

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Circulation February 24, 2015

Frequent Physical Activity May Not Reduce Vascular Disease Risk as Much as Moderate Activity Large Prospective Study of Women in the United Kingdom

Miranda E. G. Armstrong, MPhil(Cantab), PhD; Jane Green, BMBCh, DPhil;
Gillian K. Reeves, MSc, PhD; Valerie Beral, DBE, AC, FRS; Benjamin J. Cairns, PhD;
on behalf of the Million Women Study Collaborators*

Ny studie av 1,3 mill kvinnor:

Detta beskytter hjertet like mye som trening

FHI: - Solid og omfattende studie



Moderat fysisk aktivitet (som husarbeid, sykling, hagearbeid) noen dager i uken er nok til å forebygge hjerteinfarkt, blodpropp og hjerneslag. Det viser en ny studie som er publisert i det anerkjente forskningstidskriftet *Circulation*.

PHOTO: GETTY IMAGES/DAVID J. PHILLIPS

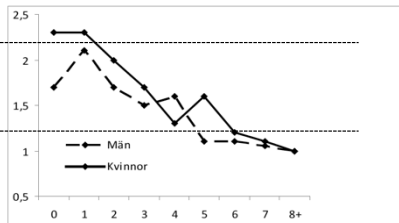
Da trenger ikke nødvendigvis tuse for å beskytte hjertet - så lenge du er moderat aktiv i hverdagen. Det viser en ny gigant-studie.

Moderat fysisk aktivitet (som husarbeid, sykling, hagearbeid) noen dager i uken er nok til å forebygge hjerteinfarkt, blodpropp og hjerneslag. Det viser en ny studie som er publisert i det anerkjente forskningstidskriftet *Circulation*.

LES MER

Her

Om aktivitet og trening



Figur 1. Sambandet mellom aktivitetsnivå og dødsrisiko for kvinner og män 65 år och äldre, hänsyn tagen till ålder, utbildning och flera hälsoundikatorer. (Baserat på resultat från Agahi & Parker, 2008)

Neda Agahi
Aktiv og frisk eller frisk og aktiv? Äldre personers
fritidsaktiviteter og sambandet med hälsa.
Socialmedicinsk tidskrift 3/2010

Healthy and active OR Active and healthy?



Social Science & Medicine 53 (2001) 927–941

SOCIAL
SCIENCE
&
MEDICINE
www.elsevier.com/locate/sscimed

In their own words: a model of healthy aging

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^b University of Colorado at Denver, Denver, CO, USA

^c University of Colorado School of Medicine, Denver, CO, USA

Abstract

Many previous studies have assessed the aging process by measuring clinical and functional variables. To supplement that quantitative understanding, we asked older people what constitutes their health and contributes to it. Using grounded theory-type methods, we analyzed semi-structured interviews with 22 study subjects, who were randomly selected from among those whose reported perceived health differed from that predicted by a regression model constructed from data from a randomized trial of a primary care intervention. We focused on disparate cases to identify factors that best discriminate between more and less healthy aging. Interview questions targeted perceptions of health; well-being; valued abilities, activities, and relationships; social support; control; sense of coherence; and personal

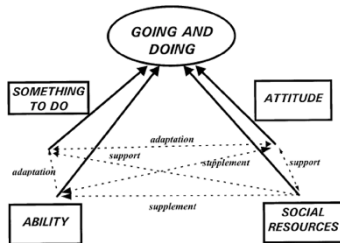


Fig. 2. A model of healthy aging.

To these older people health meant going and doing something meaningful, which required four components: something worthwhile to do, balance between abilities and challenges, appropriate external resources, and personal attitudinal characteristics (e.g., positive attitude vs. "poor me").

Respondents repeatedly spoke of *going and doing* something meaningful. At first that seemed just one of the resources people had (or did not have) that supported perceived health. Increasingly, however, it emerged as the outcome they were talking *about* rather than a factor related *to* it. For this group of older people, healthy aging meant going and doing something meaningful — older people who do something meaningful feel healthier than those who do not. In a biomedical framework, this description sounds backward. It says that getting around and doing things *equates with* health, as opposed to the biomedical view that being able to go and do results from health described as the absence of disease or functional deficits.

For these older people, however, going meant more than the mobility and doing more than the physical function identified in the quantitative model (Bryant et al., 2000).

Being Occupied with What Matters in Advanced Age

Valerie Wright-St Clair PhD *

* Department of Occupational Science and Therapy , Auckland

University of Technology , New Zealand

Published online: 02 Feb 2012.

JOURNAL OF OCCUPATIONAL SCIENCE

Similarly, Madge [95] mentioned:

I am still able to take a big part in music. Music is still my main thing. I do like my music; I think I would miss it as much as anything. Yes I would like to have music. What else is there?



I have always gardened. I suppose you would almost say gardening's my greatest interest; and re-rooting things. It's just the fun of producing these things. It gives me something to do, not chucking everything away. If I couldn't garden, ahhhhh, then I would start to get old... Oh yes. I would be lost without the garden.

Absence of an occupational perspective

Läkare ska upptäcka dåliga vanor

Publicerat 2010-10-11 15:36

Snart kommer läkarna att ställa fler frågor om hur du röker, dricker, tränar och äter. Socialstyrelsen presenterar på torsdagen riktlinjer för hur sjukvården ska hjälpa patienter att förändra sina levnadsvanor.

Fyra områden ligger i fokus: tobak, alkohol, dåliga matvanor och fysisk inaktivitet.

– Det finns mer och mer tydlig kunskap om att levnadsvanorna är betydelsefulla för sjukdom och hälsa, säger Margareta Kristenson, professor i folkhälsovetenskap och sakkunnig i projektgruppen.

**One
occupation
that
stands out
from
others**

Two types of retirement stories

Basically flat

"But it is not real fishing – you are only standing there you know – and you can be there as well as anywhere else – it's a nice way of passing time."



Kill time

Engaging occupation

Get time going

Basically fluctuating



"...it's Thursday almost every day, Thursday, then after only a few days it's Thursday again."

Get time

Have enough
time


Engaging occupation

- ✿ **Infused with positive meaning**
✿ An engaging occupation is experienced as highly meaningful and important in several respects.
- ✿ **Intensity**
✿ Engaging occupations involved intense participation. Intensity is a function of two variables, length of involvement and regularity of involvement.
- ✿ **A coherent set of activities**
✿ An engaging occupation consists of a set of activities that cohere or constitute an interrelated whole
- ✿ **Goes beyond personal pleasure**
✿ The involvement in an engaging occupation has for many participants evolved into a commitment or responsibility

Engaging occupation continuing...


- ✿ **Occupational community**
✿ Engaging occupation ordinarily involved at least some connection to a community of people who shared a common interest in the occupation
- ✿ **Gives an identity**
✿ Engaging occupation gives an identity for the individual as a performer of the occupation
- ✿ **Analogues to work**
✿ Engaging occupation may take on many of the features of work in the participant's experience and the participant may continue to think and talk about it as a sort of work

The activity: taking a walk
versus The occupation: taking a walk



The other day when I crossed the head and do a bit of shopping, it was, ah, town.

There's a...
that...
some...
'Here



And then I'll go and take walk around in to metro ho...
Th...
y...
pa

ENGAGING OCCUPATION

TIME-KILLING OCCUPATION
occupational deprivation

Engaging occupation

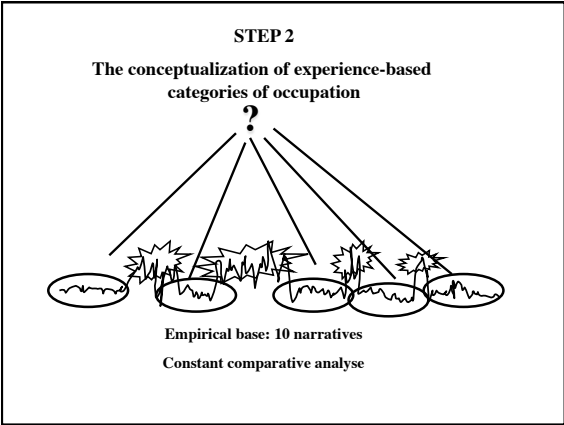
the difference of
being old and feeling old

“I know that I **am** old
but I don’t **feel** old”

Engaging occupation

is one occupation that are more
important than the others

**Patterns
healthy
and
unhealthy**



Engaging

“Yes life goes on in the same track except that you don’t have a fixed place to work at. Just the same. Work, work, work. It’s so nice to move physically. Otherwise my body just will get rusty.”

Home/ Family	Work	Leisure
OCCUPATION		

Basic

“Then I get out of bed and take a shower and then I tidy up a little, do some cleaning.....”

Home/ Family	Work	Leisure
OCCUPATION		

Irregular

“We go a lot to the movies, or maybe not a lot, we go to the movies.”

Home/ Family	Work	Leisure
OCCUPATION		

Regular

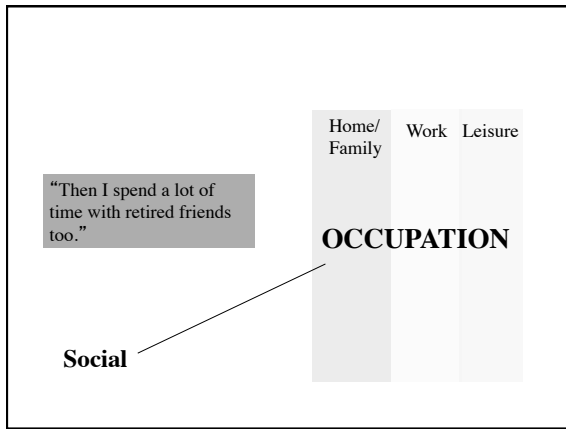
“I take a walk everyday, not to get stiff, so to say.”

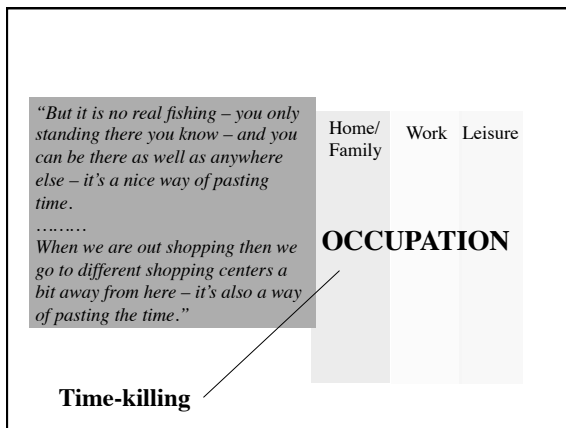
Home/ Family	Work	Leisure
OCCUPATION		

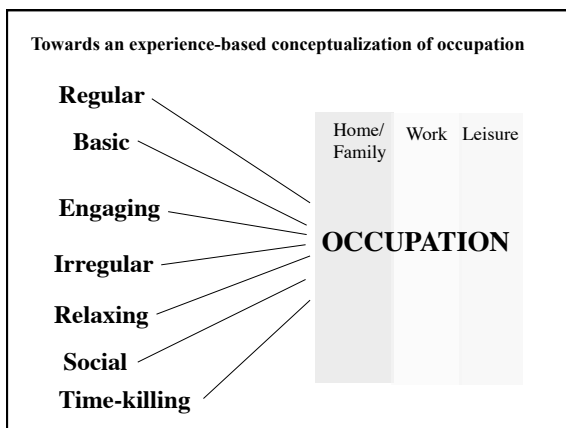
“We have some jazz meetings. But then you’re not active in any way, it’s more like relaxation”

Relaxing

Home/ Family	Work	Leisure
OCCUPATION		







Self-care, productivity and leisure, or dimensions of occupational experiences? Rebaring occupational categories

Key words: Occupation, Theory, Well-being

Manuscript

Abstract

Background: This research has investigated people's views of their own work, leisure, and other activities, and the ways in which they experience these activities. The aim of this research was to explore the ways in which people experience their work, leisure, and other activities, and the ways in which these experiences are related to their occupational categories. The paper discusses the ways in which people experience their work, leisure, and other activities, and the ways in which these experiences are related to their occupational categories. The paper also discusses the ways in which people experience their work, leisure, and other activities, and the ways in which these experiences are related to their occupational categories.

Results: The results of the study show that people experience their work, leisure, and other activities in different ways, and that these experiences are related to their occupational categories. The paper discusses the ways in which people experience their work, leisure, and other activities, and the ways in which these experiences are related to their occupational categories.

Conclusion: The results of the study show that people experience their work, leisure, and other activities in different ways, and that these experiences are related to their occupational categories. The paper discusses the ways in which people experience their work, leisure, and other activities, and the ways in which these experiences are related to their occupational categories.

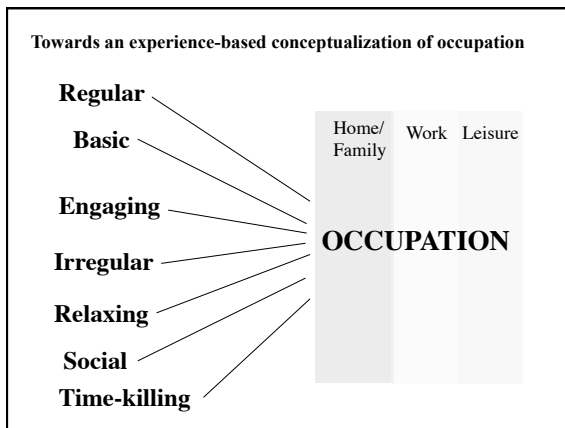
... if categories of occupation were informed by the ways in which people experience their occupations, these might be labelled

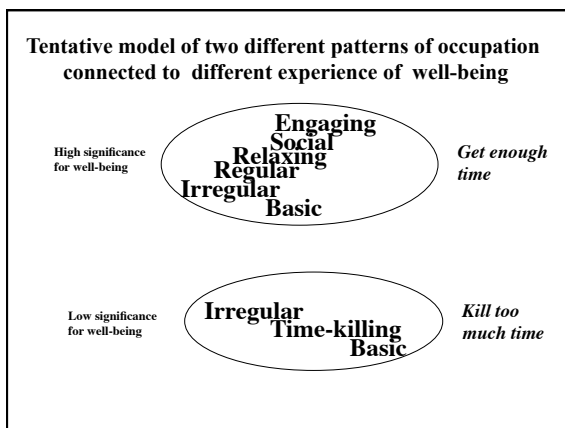
Restorative occupations

Occupations fostering belonging, connecting, and contributing

Engaging in doing occupations

Occupations reflecting life continuity and hope for the future





Results All three types of activity were independently associated with mortality, after adjusting for age, sex, race/ethnicity, marital status, education, smoking, alcohol use, functional disability, and comorbidities such as cancer, diabetes, stroke, and myocardial infarction. Higher levels of social activity enhanced the protective effect of fitness on mortality as much as fitness itself.

STAY ENGAGED!!

STAY SOCIAL!!

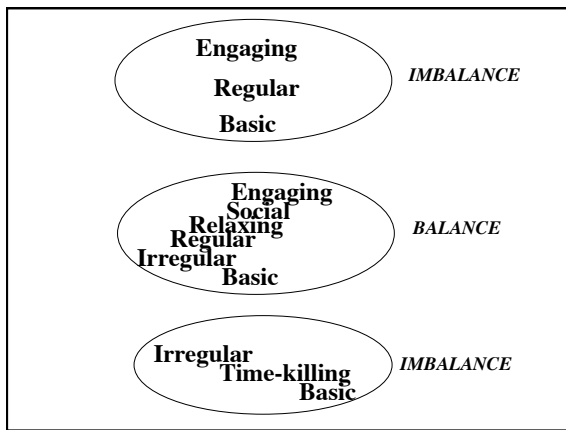
STAY FIT!!

RELAX!!

KEEP BASIC WORKING!!

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Occupation is as necessary to life as food and drink

One occupation that stands out from others

Patterns of healthy and active and unhealthy or Active and healthy?

Yes: Occupations are more important than others

Engaging occupations stands out from other occupations (social)

Wrong question as both relations exists

Some occupations are more important than others

Healthy pattern exists and can be seen in occupational balance and imbalance

"The task is not so much to see what no one yet has seen, but to think what nobody has yet thought about that which everyone sees"

Arthur Schopenhauer

**THANK YOU!
soon time for relaxation!**



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