

“Living Occupation”  
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How does one “deliver occupation”? I propose that one has to “live occupation” to deliver it. That triggers the question - how does one “live occupation”?

Kathy and I will share our story of “living occupation”. We provide occupational therapy services to adults living in southern Alberta, Canada. The geographical setting is a regional hospital in a city of 84,000 people plus smaller rural communities.

One of Kathy’s clients will share his story of “living occupation”. His tale guides our steps and planning.

I will speak to my management processes that have enabled occupation. I will touch on processes that have disabled occupation. My journey is ongoing. The medical model provides opportunities for reflection and examination of all the processes. Discovering what works and what next best steps will be highlighted for you.

In “living occupation” it is important to begin. Reflection on and refining of your steps becomes your best tools.