



Model of Human Occupation

Archived List Serv Discussion

Occupation and Activity

December 8, 2008

Hi all!

In the last days, I'm a very confused OT... can someone help me???

Last week in a discussion with other OTs about some concepts, a fundamental question arise: how does MOHO define activity and occupation??

In the last editions of "the model of human occupation" it seems to be n clear distinction between the two concepts.

Activity choice e diferent from occupational choice but the terms Occupation an Activity are used to refer to what people do at the level of occupational performance (the performance of an occupational form !?).

The discussion and the search for an answer let me more confuse than I ever been before about MOHO.

For me (based on what is said about volition and choices) occupation as been the kind of things we do, that shapes our identities and routines - i mean areas in wish we participate as in socialize with friends, or taking care of my self - but this is occupational participation, isn'tit??

Activities, seam to be almost the same as tasks.

It would be correct to said that MOHO conceptualize the kind of engagement (participation, performance, and actions) and fo not presente a categorization of the kind of things people do (activities/occupations) ?????

Looking forward for Your responses

Ana Cristina

December 9, 2008

Dear ana

When I think of occupation and activity I think of it how the individual identifies different activities ie the use of the occupational questionnaire. My thoughts that occupations and activities can be seen as the same thing by being client centred we see it through the clients eyes and by using moho this assists this. I have done a presentation at a conference which looks at the use of activity within the practice of OT. By preparing

for the presentation which looked at activities and teenagers I found the similarity between activity and occupation and the teenagers did not identify a difference so why should we? Both activity and occupation is part of volition.

Hope this helps!?

Lucy Chambers

December 10, 2008

Hi Ana,

I can provide some insights into our use of language, but I am not sure I will solve the whole language thing. But I will put it in historical context. Some time back there was a big discussion in OT about using the term Occupation in the place of Activity. In part this discussion reflected a practical issue, that the term "purposeful activity" was used in practice to refer to activities (eg. staking cones, moving pegs) that had a therapeutic purpose but lacked "meaningful connection" to the client's life. In an effort to try to get practice to pay more attention to the significance of activity to the client, many people including myself, suggested using the term occupation over that of activity. David Nelson in his Slagle lecture, made a particular call for this language use.

In a previous edition of MOHO we tried to be careful and to a large extent avoided the term activity, focusing instead on the phrase doing, thinking and feeling to emphasize that occupation always involved an intertwining of action, thought, and feeling. We were also careful to distinguish between skill, performance and participation as three levels at which we could look at this doing. And as you noted we have always distinguished between small activity choices and occupational choices.

Originally when referring to things that a person might do that are located in and defined by society, we used the term, task. Later when David Nelson suggested the term occupational form, for this concept, we changed from task to form. However, a lot of people found this confusing, so we in the most recent edition have used the term Occupational form/task to refer to things available to do in the environment

We have not assigned a particular meaning to the term activity. However, in the most recent text, it is used occasionally as a substitute for doing or for something to do; In part this was just to break up the rhythm of the text and not overuse the term "doing" So I would say in MOHO we are neutral on the word, activity. We do not impart a theoretical definition to it and use it as a lay (everyday) term just as we are using doing as a lay everyday term.

I hope this helps.

Gary Kielhofner