UNIFORM TERMINOLOGY OF OCCUPATIONAL THERAPY
Goals: “The result or achievement toward which effort is directed; aim; end” (Webster’s Encyclopedic Unabridged Dictionary of the English Language, 1994, p. 605).

Habits: “Automatic behavior that is integrated into more complex patterns that enable people to function on a day-to-day basis…” (Neistadt & Crepeau, 1998, p. 869). Habits can be useful, dominating, or impoverished and either support or interfere with performance in areas of occupation.
Health: Health is a resource for everyday life, not the objective of living. It is a state of complete physical, mental, and social well-being, as well as a positive concept emphasizing social and personal resources, as well as physical capacities (adapted from WHO, 1986).
Health promotion: “The process of enabling people to increase control over, and to improve, their health. To reach a state of complete physical, mental, and social well-being, an individual or group must be able to identify and realize aspirations, to satisfy needs, and to change or cope with the environment” (WHO, 1986).

• “Creating the conditions necessary for health at individual, structural, social, and environmental levels through an understanding of the determinants of health: peace, shelter, education, food, income, a stable ecosystem, sustainable resources, social justice, and equity” (Trentham & Cockburn, 2005, p. 441).
Hope: The real or perceived belief that one can move toward a goal through selected pathways (Lopez et al., 2004).
Identity: “A composite definition of the self and includes an interpersonal aspect...an aspect of possibility or potential (who we *might* become), and a values aspect (that suggests importance and provides a stable basis for choices and decisions).... Identity can be viewed as the superordinate view of ourselves that includes both self-esteem and self concept but also importantly reflects and is influenced by the larger social world in which we find ourselves” (Christiansen, 1999, pp. 548–549).
Independence: “A self-directed state of being characterized by an individual’s ability to participate in necessary and preferred occupations in a satisfying manner irrespective of the amount or kind of external assistance desired or required.

- **Self-determination** is essential to achieving and maintaining independence;
- An individual’s independence is unrelated to whether he or she performs the activities related to an occupation himself or herself, performs the activities in an adapted or modified environment, makes use of various devices or alternative strategies, or oversees activity completion by others;
- Independence is defined by the individual’s culture and values, support systems, and ability to direct his or her life; and
- An individual’s independence should not be based on preestablished criteria, perception of outside observers, or how independence is accomplished” (AOTA, 2002a, p. 660).
**OT terminology**

**Glossary**

**Instrumental activities of daily living (IADL):** Activities to support daily life within the home and community that often require more complex interactions than self-care used in ADL (see Table 1).

**Interdependence:** The “reliance that people have on each other as a natural consequence of group living” (Christiansen & Townsend, 2004, p. 277). “Interdependence engenders a spirit of social inclusion, mutual aid, and a moral commitment and responsibility to recognize and support difference” (p. 146).
Interests: “What one finds enjoyable or satisfying to do” (Kielhofner, 2002, p. 25).

Intervention: The process and skilled actions taken by occupational therapy practitioners in collaboration with the client to facilitate engagement in occupation related to health and participation. The intervention process includes the plan, implementation, and review (see Table 7).
Intervention approaches: Specific strategies selected to direct the process of interventions that are based on the client’s desired outcome, evaluation date, and evidence (see Table 9).

Leisure: “A nonobligatory activity that is intrinsically motivated and engaged in during discretionary time, that is, time not committed to obligatory occupations such as work, self-care, or sleep” (Parham & Fazio, 1997, p. 250).
Motor and praxis skills

**Motor:** Actions or behaviors a client uses to move and physically interact with tasks, objects, contexts, and environments (adapted from Fisher, 2006). Includes planning, sequencing, and executing novel movements.

Also see *Praxis.*
Occupation: “Goal-directed pursuits that typically extend over time have meaning to the performance, and involve multiple tasks” (Christiansen et al., 2005, p. 548). “Daily activities that reflect cultural values, provide structure to living, and meaning to individuals; these activities meet human needs for self-care, enjoyment, and participation in society” (Crepeau et al., 2003, p. 1031).
Activities that people engage in throughout their daily lives to fulfill their time and give life meaning. Occupations involve mental abilities and skills and may or may not have an observable physical dimension” (Hinojosa & Kramer, 1997, p. 865).

Activities...of everyday life, named, organized, and given value and meaning by individuals and a culture. Occupation is everything people do to occupy themselves, including looking after themselves...enjoying life...and contributing to the social and economic fabric of their communities (Law et al., 1997, p. 32).


“Chunks of daily activity that can be named in the lexicon of the culture” (Zemke & Clark, 1996, p. vii).
**OT terminology**

**Glossary**

**Occupation-based intervention**: A type of occupational therapy intervention—a client-centered intervention in which the occupational therapy practitioner and client collaboratively select and design activities that have specific relevance or meaning to the client and support the client’s interests, need, health, and participation in daily life.
Occupational justice: “Justice related to opportunities and resources required for occupational participation sufficient to satisfy personal needs and full citizenship” (Christiansen & Townsend, 2004, p. 278). To experience meaning and enrichment in one’s occupations; to participate in a range of occupations for health and social inclusion; to make choices and share decision-making power in daily life; and to receive equal privileges for diverse participation in occupations (Townsend & Wilcock, 2004).
Occupational performance: The act of doing and accomplishing a selected activity or occupation that results from the dynamic transaction among the client, the context, and the activity. Improving or enabling skills and patterns in occupational performance leads to engagement in occupations or activities (adapted in part from Law et al., 1996, p. 16).
OT terminology

Glossary

**Occupational profile**: A summary of the client’s occupational history, patterns of daily living, interests, values, and needs.

**Occupational science**: An interdisciplinary academic discipline in the social and behavioral sciences dedicated to the study of the form, the function, and the meaning of humans occupations (Zemke & Clark, 1996).
Occupational therapy: The practice of occupational therapy means the therapeutic use of everyday life activities (occupations) with individuals or groups for the purpose of participation in roles and situations in home, school, workplace, community, and other settings.

- Occupational therapy services are provided for the purpose of promoting health and wellness and to those who have or are at risk for developing an illness, injury, disease, disorder, condition, impairment, disability, activity limitation, or participation restriction.
- Occupational therapy addresses the physical, cognitive, psychosocial, sensory, and other aspects of performance in a variety of contexts to support engagement in everyday life activities that affect health, well-being, and quality of life (AOTA, 2004a).
Organizations: Entities with a common purpose or enterprise such as businesses, industries, or agencies.

Outcomes: What occupational therapy actually achieves for the consumers of its services (adapted from Fuhrer, 1987). Change desired by the client that can focus on any area of the client’s occupational performance (adapted from Kramer, McGonigel, & Kaufman, 1991).