

Health and Wellness

Health and wellness refers to the maintenance of one's well-being and the prevention of health issues.

Factors contributing to the need for services in this area include a growing aging population with increased lifespan, rising rates of chronic diseases and unhealthy lifestyle habits, and factors that challenge the quality and pace of life, such as imbalances in life roles.

Chronic exposure to these factors can increase the risk of health complications, such as falls, decreased mental and physical well-being and ability to be independent in daily activities.

What does rehabilitation involve?

It involves promoting the concept of living life to its fullest while minimising health complications. This is delivered through content that is specifically tailored for each participant.

Occupational therapists will facilitate participants to adapt and organise their daily activities in the areas of self-care, home management, community participation, and work and/or leisure, into daily routines to prevent and minimise dysfunction. This promotes the development of a healthy lifestyle, and facilitates adaptation and recovery from injury and disease.

Treatment usually begins with an initial assessment to better understand the individual's potential risk factors, current abilities, and his/ her environment. Interventions include assisting participants to incorporate health-enhancing activities in their daily routine, empowering them in disease self-management, and maintaining engagement in meaningful activities.

Occupational therapists will also explore methods to modify an activity or environment, so that individuals can engage in daily activities with ease and enjoyment.

Useful websites

[American Occupational Therapy Association: "Ergonomic Strategies for Using a Purse"](#)

[American Occupational Therapy Association: "The Role of Occupational Therapy in Chronic Disease Management"](#)

[American Occupational Therapy Association: "Occupational Therapy's Role in Health Promotion"](#)

[American Occupational Therapy Association: "Occupational Therapy's Role in Diabetes Self-Management"](#)