Quality of life: What your OT wants you to know

Jordan Staenberg OTD, OTR/L
Muhammad Ali Movement Disorders Center

What is OT?

- Occupational therapy can help you or your loved ones live life to its fullest
- Occupational therapy services typically include
  - Performance skills assessments and treatment
  - Adaptive equipment recommendations and usage training
  - Guidance to family members and caregivers
  - Customized treatment programs to improve one's ability to perform any activity that you NEED or WANT to do on a daily basis
What You **NEED** vs. What You **WANT**

**NEEDS:**
- Things you have to do to stay alive
- May or may not overlap with the things you want to do

**WANTS:**
- Things that you enjoy doing
- Things that make you happy

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**Quality of Life:**

**We all want to be happy**

- Subjective and multidimensional
- Encompasses positive and negative features
- A dynamic condition that responds to life events
What is Important to You?
(And how do you figure it out)

Process of Self-Reflection

- Figure out what brings you joy
- Explore natural mood “lifters” and “depressors”
- Investigate your inner “metal detector”
Investigative Journaling

- List Activities you perform on a daily basis
  - Activities related to daily living and needs
  - Leisure Activities
  - Work or home related tasks
- How independent are you with this activity?
- How important is it to you that you continue to be independent with the activity/perform the activity?

Reflect and Discuss

- Are there any activities related to natural mood lifters or depressors on your list?
- Are there any items that you could add or take away to help you be happier?
- Are there items in which may take longer or you require assistance that your independence is not as important to you? CONTEXT
- Are there items that you want to remain independent with that are currently challenging?
- How can you and your care partner use this list to improve your quality of life?
Manage your Attention

• In any given moment there are all sorts of things going on around us: some uplifting and some not

• What we place our attention on matters!
  – When we place our attention on something good, we feel good!
  – When we place our attention on something bad, we feel bad

Start your process of self-reflection and live YOUR life to the fullest!