

BEING PERSON-CENTRED IN OCCUPATIONAL THERAPY PRACTICE

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Occupational
Therapy
Australia



Acknowledgement of Country

Curtin University acknowledges all First Nations of this place we call Australia and recognises the many nations who have looked after Country for more than 60,000 years.

I'd like to particularly acknowledge the Kurna peoples on whose country we are meeting today, along with the Whadjuk peoples of the Noongar nation in my home of Perth. I pay my respects to Elders past and present as Custodians of these lands and extend my respects to all other Aboriginal and Torres Strait islander peoples here today.



Person-centred? What's in a name?

Client-centred?
Patient-centred?
Consumer-centred?
Semantics?



The 'why'...

- Ageing
 - Aged Care Act
 - Reforms in policy - moving towards consumer-directed care and home packages focussed on enablement and well-being
- Disability
 - National Disability Insurance Scheme
 - Policy reforms in funding, and subsequent models of service design
 - Focus on individualisation
- Mental Health
 - Roadmap for National Mental Health Reform
 - National Mental Health & Suicide Prevention plans



The 'what'...

A framework for thinking about and operationalising person-centredness **across** health and human services



The 'how'...

- PhD Research - Four stage study
 - Literature review and thematic analysis
 - Key Informants - survey methodology
 - Content Analysis - themes, sub-themes, characteristics and service expressions
 - Focus Group - identification of service examples



The 'results'...

The Framework of Person-Centredness for Human Services (FPCHS)

1. Honouring the person
2. Being in relationship
- 3. Facilitating Participation & Engagement***
- 4. Social Inclusion / Citizenship***
- 5. Strengths / capacity focussed***
6. Compassionate love
7. Organisational Characteristics



Theme 3: Facilitating participation & engagement

The person's preferences to participate and be engaged in activities of their choice is:

- validated;
- acknowledged as being important to health and well-being; and,
- supported by processes and procedures that promote their involvement.

Subthemes:

- *meaningful activity / occupation*
- *participation*



Theme 4: Social inclusion / citizenship

The person is supported as a valued community member in a way that is underpinned by the principles of rights, independence, choice and inclusion.

Subthemes:

- *social / community inclusion*
- *being part of the social world*



Theme 5: Strengths / capacity focussed

The person:

- is perceived in a positive and proactive manner focussing on strengths and abilities;
- has unique capacities and contributions, not someone who needs to be fixed or managed; and
- has competence that is acknowledged and assumed in the design and provision of services and supports.

Subthemes:

- *Strengths and capacity focussed*
- *Assuming people's competence and abilities*
- *Having high expectations*
- *Without concern for limitations / barriers*



So what does it all mean?

- “Being person-centred is concerned with creating conditions that permit human flourishing in response to multiple histories of human suffering.”
- Being person-centred is not the same as being client-centred
- More than just the concepts of individualisation and putting the ‘person at the centre’ of the work that we do



Key Points for Occupational Therapy

- We should pay particular attention to the aspects of person-centredness that resonate strongly with the roots of our profession
- In the overlap between person-centred and client-centred, we should act in ways that are consistent with the core characteristics of person-centredness



References

1. Waters, R. A., & Buchanan, A. (2017). An exploration of person-centred concepts in human services: A thematic analysis of the literature. *Health Policy*, 121, 1031-1039. <https://doi.org/10.1016/j.healthpol.2017.09.003>
2. Waters, R. A. (2019). *Person-Centredness In Human Services: An Evidence-Based Conceptualisation To Inform Practice* [Doctor of Philosophy, [Curtin University]. Perth, Western Australia.
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