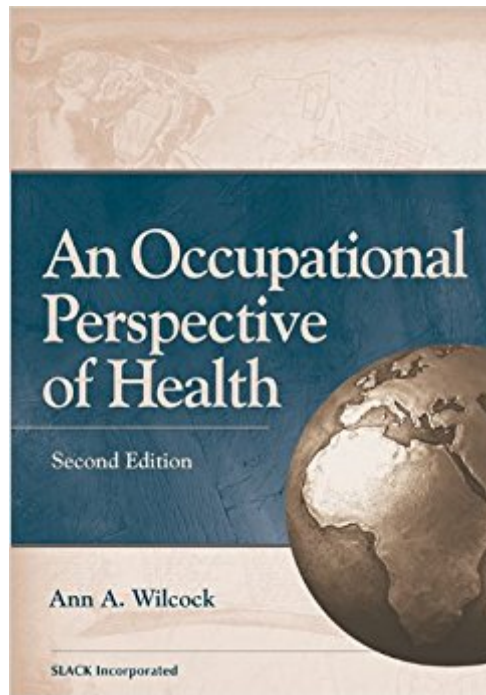




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# An Occupational Perspective Of Health



## Synopsis

An Occupational Perspective of Health by Dr. Ann Wilcock has been a valuable resource in occupational therapy for more than eight years. Now available in an updated and much-anticipated Second Edition, this unique text will continue to address health from an occupational perspective, concentrating particularly on how occupation is integral to the experience of health or illness within populations. An Occupational Perspective of Health, Second Edition encourages occupational therapists and practitioners of public health to extend current thinking and practice to embrace the occupation for health needs of all people directly in line with directives from the World Health Organization (WHO). Based on extensive studies of human history, epidemiology, social and material development, and occupation, this text addresses the necessity for the global promotion of health and well-being through what people do on a daily basis, the meaning they experience from doing it, and whether or not they are able to aim toward maximizing their potential. This Second Edition embraces the physical, social, mental, environmental, and spiritual health outcomes that lead to or result from occupation and presents four approaches that require urgent attention, namely occupation-focused ecologically sustainable community development; justice; prevention of physical, mental, and social illness; and promotion of positive health and well-being. Addressed in this Second Edition: • A conceptualization of health from a holistic occupational perspective of the past, present, and future. • The role of occupation-doing, being, and becoming in human life, health, and survival. • Occupation as a positive or negative influence on well-being. • Historic rational and Romantic foundations of the use of occupation in health care. • The potential contribution of occupational therapy to current WHO public/population health objectives. • The potential contribution of other public health practitioners to improving health through occupation-based research and intervention. • Possible action-research approaches at population levels. Practitioners and students of health sciences, occupational therapy, and other professionals working in public health will benefit from and relate to this admired and essential text.

## Book Information

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## Customer Reviews

&#147;Insightful and thought provoking, this book will challenge any one who has an interest in public health initiatives to consider the need for an occupational perspective on health. . . Overall the book is exceptionally well laid out. . . An Occupational Perspective of Health provides a comprehensive examination of the notion of occupation and the role of occupation based initiatives for improving the health of populations. It is essential reading for practitioners and students of health sciences, occupational science, occupational therapy and other professionals who have an interest in researching and/or working in public health.Ã¢âÂ• &#151; Shoba Nayar, Journal of Occupational Science "This text draws on the work of many experts over the centuries. It definitely provides ample evidence of comprehensive research and the author's in-depth knowledge of many academic disciplines including history, anatomy, philosophy, mythology and psychology. . . Overall, I do not feel I can do this scholarly work justice by providing a quick overview so would highly recommend it to scholars and those who wish to only dip into it to enhance their understanding of important occupational concepts." &#151; Thelma Sumsion, Canadian Journal of Occupational Therapy "Wilcock skillfully makes the case for the contribution of occupational therapy to this field, in a manner that bridges the gap between the profession's philosophy and the pragmatic needs of humanity as a whole. It's difficult to compare this book with any others due to its original take on the topic, but An Occupational Perspective of Health, Second Edition achieves the difficult task of presenting a new perspective, and basing it firmly within the profession's existing knowledge. This is recommended reading for anyone who enjoys considering the big picture, and who contemplates the future direction of occupational therapy in a changing world." &#151; Danielle Hithc, BOT, MSc, MA, Optimal Occupation, Melbourne, Australia, Occupational Therapist

Ann A. Wilcock (nÃ¢fÂ©e Ellison), PhD, BAppScOT, GradDipPH, FCOT, was born in the United Kingdom and was brought up in the Lake District. She graduated as an occupational therapist from

the Derby School in 1961. She learned early of the need to think about the purpose of the profession because, in order to obtain some financial assistance for her training, at 16 years of age, she had to convince the Westmorland Education Authority of the merits of the profession, and the reason they should support her tertiary education in this field. No occupational therapists were employed in Westmorland at that time. After graduating, Ann worked at Black Notley Hospital and Farnham Park Rehabilitation Centre before going to live in Australia in 1964. There, she worked in large general hospitals in a variety of fields, including mental health, orthopedics, geriatric medicine, and neurology. After many years as a practitioner, she moved into the academic sphere eventually becoming Head of the School of Occupational Therapy at the University of South Australia in 1987. Her formal academic career culminated in her appointment to establish a new and innovative program as Professor of Occupational Science and Therapy at Deakin University. Other appointments have included Visiting Professor at Brunel University, London; Adjunct Professor at Dalhousie University, Canada, and Charles Sturt University, Australia; and Doctoral Supervisor at Auckland University of Technology, New Zealand. Ann's research interests have spanned active aging; children's occupational potential; physiological influences on occupational performance; occupational balance; well-being; the effect of neurological disorder on the human need for occupation; population health; and the relationship between occupation, health, illness, occupational therapy, and public health. The highlight of her career has been in encouraging the development of occupational science as an international and interdisciplinary force. As well as introducing occupational science to Australasia, she founded the Journal of Occupational Science in 1993, convened the first Australasian Occupational Science Symposium, and was elected as the Inaugural President of the International Society of Occupational Scientists (ISOS). Her personal direction within the science is exploration of the relationship between people's occupational natures and health. This was firmly established as Ann undertook graduate studies in public health, and was the subject of her PhD thesis. She is the author of 5 books; the first 2 are about stroke; Help Yourself: A Handbook for Hemiplegics and Their Families in 1966 followed by Occupational Therapy Approaches to Stroke in 1986. The most recent Occupation for Health: A Journey from Self-Health to Prescription (2001) and the second volume, A Journey from Prescription to Self-Health (2002), were written when Ann was the commissioned historian for the British College and Association of Occupational Therapists. The first edition of this text, An Occupational Perspective of Health, was published by SLACK Incorporated in 1998. As well as numerous chapters and articles, Ann has delivered keynote addresses at the World Federation of Occupational Therapists Congress in Montreal in 1998, and at other conferences in Australia, New

Zealand, Canada, United Kingdom, Sweden, Portugal, Japan, Thailand, Hong Kong, and the United States. She is the recipient of a range of prestigious awards, internationally.

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