

## Aging Well with Occupational Therapy: Integrating Preventative and Health-Promoting Lifestyle Intervention into Current Practice

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Approximately 57 million people with disabilities live in the United States today. Although the Americans with Disabilities Act has made it illegal to discriminate on the basis of disability, people with disabilities continue to experience significant barriers to inclusion in society. Client-centeredness is at the crux of occupational therapy and utilizing client input is critical to ensuring that practice is centered around clients' needs, priorities, and desired outcomes. Although occupational therapy is seen as an exemplar of client-centeredness, it is also critiqued for having an unintended negative impact on clients by focusing on deficits and maintaining a power dynamic in which professional opinions outweigh client experiential knowledge and priorities. This workshop will provide an introduction to the field of disability studies, focusing on how occupational therapy practitioners can best learn from and integrate knowledge from disability studies into their practice. The presentation will explore various models of disability and other concepts that can support more collaborative and meaningful partnerships with people with disabilities. Participants will have an opportunity to discuss how to apply this learning to their own practice.

**Alisa Jordan Sheth** has a PhD in Disability Studies from the University of Illinois at Chicago and is interested in studying the ways in which the field of disability studies can be effectively incorporated into occupational therapy education, practice, and research to foster critical reflection and responsiveness to the needs of the communities we serve. Clinically, she has experience working as an occupational therapist with people with intellectual and developmental disabilities (I/DD), their families, and other caregivers across the lifespan, from school-based services to end of life care. She currently serves as the Doctoral Capstone Coordinator in the OTD Program at Pacific University.

*By the end of the session, participants will be able to*  
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1. Compare the key components of models of disability.
2. Identify factors that impact how occupational therapy practitioners engage with disability in their practice.
3. Propose strategies to incorporate disability studies into clinical practice and work more collaboratively with people with disabilities

*Course Timeline:*

Introduction and Background: 15 minutes

People with Disabilities Experience and Perspectives Video: 15 minutes

Discussion of strategies and take away points for practitioners (includes questions): 30 minutes

The content focus of this course is Foundational Knowledge and recognized by the Occupational Therapy Licensing board for one contact hour.

