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An Occupational Perspective of Health

Ann Wilcock PhD DipCOT BAppSCiOT GradDipPH

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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.

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