

**If we listened more,
what might we learn?**

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Whakaora Ngangahau Aotearoa
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*Tena kotou, tena koutou,
tena koutou katoa*

Greetings



Listening



Learning

Evidence from research

Evidence from practice

Evidence from clients

**Evidence
based
practice
(EBP)**

Skills and knowledge
Relative importance of occupations
Patterns of occupation
Enacting values and principles
Occupational resources
How things are done
Flexibility

**Evidence
from clients**

House
Car
Office layout
Local shops
Route to work
Where to catch the bus ...

**Evidence
from clients**



Equipment provision



Work simplification



Ergonomic design



Biomechanics



Pacing



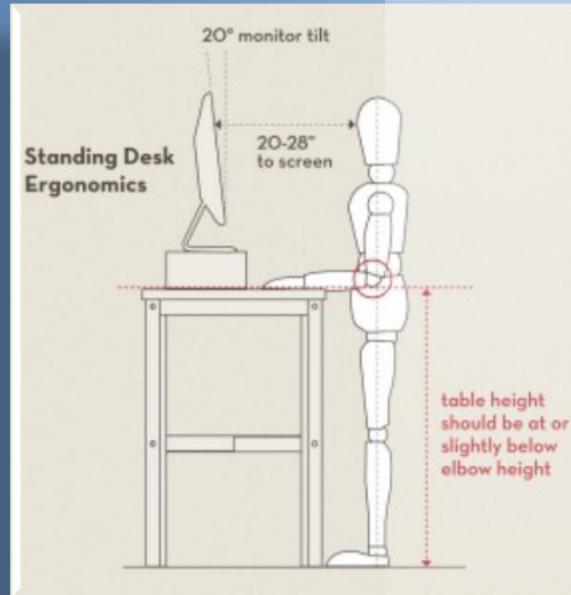
Grading



**Equipment
provision**



**Work
simplification**



Ergonomics

STRENGTHEN - 14

Leg Lift – Sitting

(Quadriceps / Abdomen Strength)

Sit with _____ lb weights on ankles. Keep abdomen tight. Lift one leg, keeping knee bent, breathing out through pursed lips. Return slowly, breathing in.

Repeat _____ times.
Repeat with other leg.
Do _____ sessions
per day.

Variation:

— Do without weights.

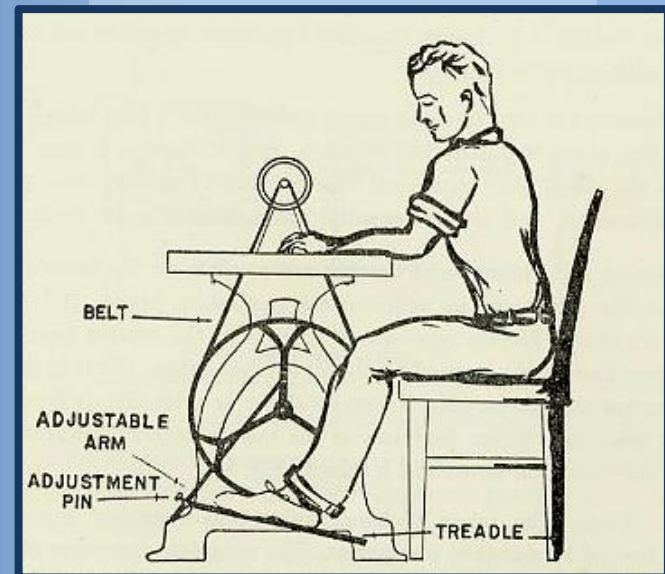


Biomechanics



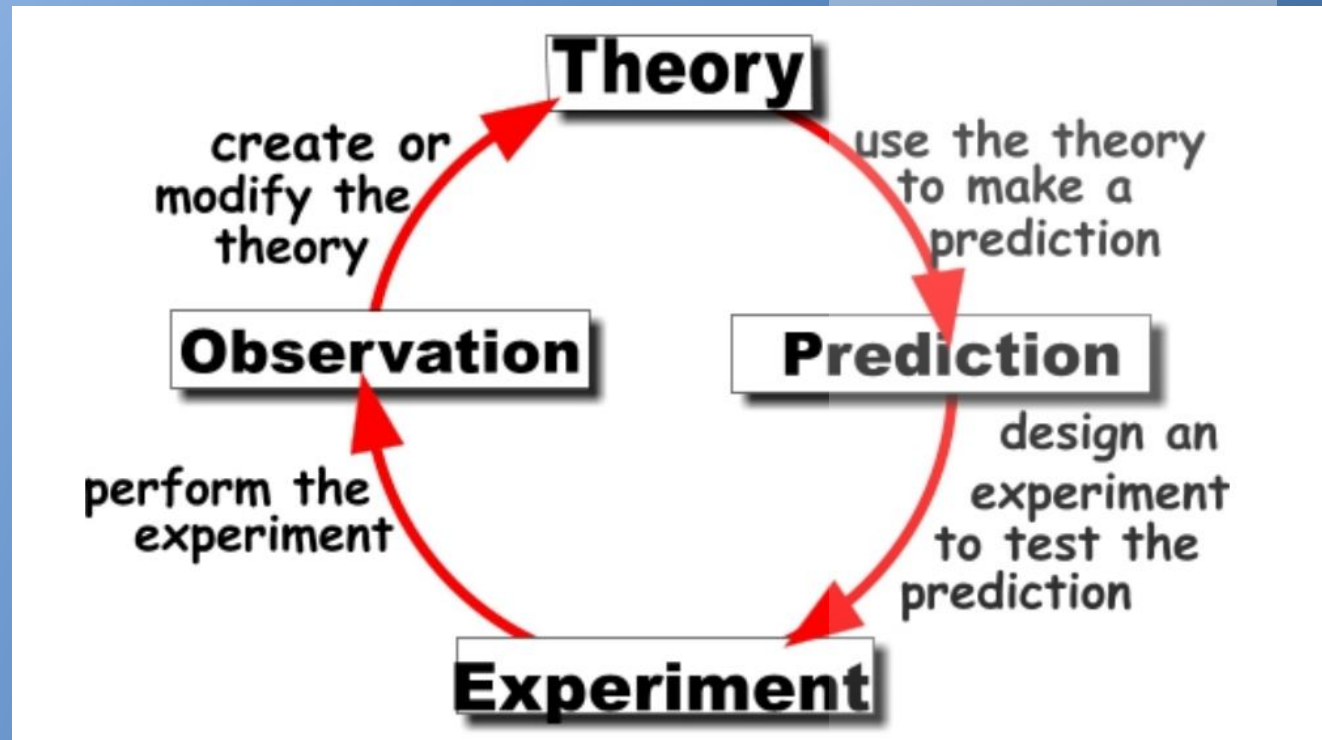
**PACE YOURSELF.
ASK FOR HELP.
BE FLEXIBLE.
RESPECT YOUR
LIMITS.**

Pacing



**Graded
activities**

Scientific methods



Versus
situated
experience



**Situated
experience**

Strategies to:

- ❖ *Keep me safe*
- ❖ *Recruit and accept help*
- ❖ *Meet social and biological needs*
- ❖ *Conserve resources*

**What we
might learn**

Strategies to:

- ❖ *Keep me safe*
- ❖ *Recruit and accept help*
- ❖ *Meet social and biological needs*
- ❖ *Conserve resources*
- ❖ *Keep track and remember*
- ❖ *Self-advocacy strategies*

**What we
might learn**



Clients as a
wasted
resource

Why did this happen to me?

**Causal
attributions**

**If we listened more,
what might we learn?**

*In this age of information,
ignorance is a choice*

References

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