



CAOT Webinar

Webinar 1:
Canadian Model of Occupational Participation (CanMOP)

An introduction to the CanMOP for people with knowledge of at least one previous Canadian model of occupation



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Promoting occupational participation: Collaborative relationship-focused occupational therapy

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1. Model	Canadian Model of Occupational Participation (CanMOP)	How we think about occupation
2. Approach	Collaborative relationship-focused occupational therapy	How we approach service provision
3. Framework	Canadian Occupational Therapy Inter-relational Practice Process (COTIPP)	Foundational processes and actions for promoting occupational participation
4. Integrating the model, approach, and framework in practice		



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Process of model evolution

- Practice & reflection
- Model is proposed
- Model is discussed, applied
- Model is critiqued
- Evolved model proposed incorporating:
 - Experiential knowledge from practice & research literature
 - Responses to critiques
 - Deepened understanding of related theory

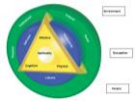


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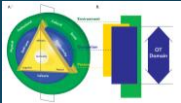
Evolution of Canadian occupation models




1983 - function



1997 - occupational performance




2007 – occupational performance & engagement



?

2022



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Canadian Model of Occupational Participation

2022

Occupational participation



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What is our focus in 2022?


Occupational participation

*having access to, initiating, and sustaining
valued occupations
within meaningful relationships and contexts*



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Having access to Initiating Sustaining



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Occupational participation at the centre



- Unique concern, expertise & contribution of occupational therapy
- Allows envisioning of occupational therapy with both individuals and collectives
- Makes it clear that our aim is not to 'fix' the person
- Biomedical knowledge becomes background rather than foreground



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Occupational participation not categorized

Responds to research and practice knowledge that:

- there is no comprehensive list of all occupations that may be important to an individual or collective
- categorization excludes crucial occupations
- people define and experience occupations differently
- categorization can lead to imposing personal/professional values and meanings





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Purpose and meaning


Purpose: fulfill essential needs as defined by the individual or collective

- Basic biological and safety needs
- Need for autonomy, relationship, competence

Meaning:

- Developed through history (life course or community history) & relationships





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History

Life course


- Chronological time
- Developmental time
- Historical time


Community history

- Long-term development
- Experiences

Individual

Collective





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Relationships

- Past, present and hoped for relationships influence the purpose & meaning of occupational participation





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Occupational participation is promoted through working with highest impact context

- Micro
- Meso
- Macro

}

- Access to
- Initiate
- Sustain





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What does this mean for practice?

Occupational participation as focus:

having access to, initiating, and sustaining valued occupations within meaningful relationships and contexts



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CanMOP guides an exploration

Of what person wants/needs to do to

- To fulfill basic biological and safety needs (Maslow - d needs)
- To meet human needs for autonomy, competence and relatedness (Ryan & Deci)

Of history and relationships related to occupation

To better understand PURPOSE & MEANING of the occupational participation so that these are upheld



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Ways to expand possibilities (access to, initiate, sustain)

- Macro
- Meso
- Micro



- Highest impact
- Short-term
- Longer-term



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George...





Photo by JD Mason <https://unsplash.com/@jmason>



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References

Egan, M., & Restall, G. (2022). The Canadian Model of Occupational Participation. In M. Egan & G. Restall (Eds.), *Promoting occupational participation: collaborative relationship-focused occupational therapy* (pp. 73-96). Canadian Association of Occupational Therapists.



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The diagram illustrates the Canadian Model of Occupational Participation. It features a central circle labeled 'Occupational participation'. Surrounding this central circle are four overlapping diamond shapes, each representing a key component: 'Meaningful occupation' (top-left, purple), 'Positive relationships' (top-right, green), 'Access, barriers, resources' (bottom-right, blue), and 'Context: life, work, play, culture' (bottom-left, teal). The entire model is set against a dark blue background.

Canadian Model of Occupational Participation



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