

ON WITH LIFE
BRAIN INJURY + STROKE + NEURO

Return to Purpose

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SMALL STEPS. GIANT STRIDES.

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Objectives

- Navigate individualized return to purpose paths, who's involved
- Discuss case study related to return to purpose
- Identify specific interventions to aid in the process of return to purpose

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Defining Purpose


“why you do something or why something exists”

“determination or a feeling of having a reason for what you do”

Purpose can:

- Guide life decisions
- Influence behavior
- Shape goals
- Offer direction
- Create meaning

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Co-workers



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Person Served



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Occupation

“Occupation refers to groups of activities and tasks of everyday life, named, organized, and given value and meaning by individuals and a culture. Occupation is everything people do to occupy themselves, including looking after themselves (self-care), enjoying life (leisure), and contributing to the social and economic fabric of their communities (productivity)”

- Taken for granted occupations:
 - activities people need to do
- Symbolic occupations:
 - activities people want to do

(Eriksson, 2007)




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Occupational Gaps in Return to Purpose

- "The gap that occurs between what an individual wants and needs to do and what he or she actually does."
- Gaps in "taken for granted" occupations:
 - disturb flow of everyday life
- Gaps in "symbolic" occupations:
 - difference in what a person is doing and wants to be doing

(Eriksson, 2007)



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Identify Occupations Essential for Purpose

- Subjectively identify abilities achieved vs. abilities desired
 - Current performance
 - Performance satisfaction
- Standardized Assessments
 - Life Satisfaction Questionnaire
 - Occupational Gap Questionnaire
 - Canadian Occupational Performance Measure
 - Perceived Wellness Survey



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Standardized Assessments

Life Satisfaction Questionnaire

Life Satisfaction Questionnaire (LSQ) (2007)

Adapted from the Life Satisfaction Questionnaire (LSQ) (2007) by Eriksson, 2007. Copyright © Eriksson, 2007. All rights reserved. This questionnaire is for personal use only. It is not to be distributed, reproduced, or otherwise used without the written permission of Eriksson, 2007.

Life Satisfaction Questionnaire - (LSQ) (2007) Worksheet

Printed Name: _____ Date: _____

How satisfactory are these different aspects of your life? Indicate the number which best suits your situation.

1 - very dissatisfied	4 - rather satisfied
2 - somewhat dissatisfied	5 - very satisfied

Score (1-10): _____

Life as a whole is _____

My ability to manage my self-care (dressing, hygiene, transfers, etc.) is _____

My leisure activities are _____

My recreational situation is _____

My financial situation is _____

My sexual life is _____

My participation in relation to _____

My family life is _____


My contacts with friends and acquaintances are _____

Date: _____

Occupational Gap Questionnaire

Activities	Questions	YES	NO	Comments
1. Grocery shopping (eg. smaller shopping, shopping for weekly needs)	Do you perform this activity?	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>	
	Do you want to perform this activity?	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>	
2. Cooking (eg. preparing meals, baking, doing the dishes, setting the table)	Do you perform this activity?	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>	
	Do you want to perform this activity?	YES <input type="checkbox"/>	NO <input checked="" type="checkbox"/>	

Activities	Does not want to do (no)	Does not want to do (no)	Does not want to do (no)	Does not want to do (no)	Comments
1. Grocery shopping					
2. Cooking		X			
3. Doing laundry					



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Standardized Assessments

Canadian Occupational Performance Measure

STEP 1: IDENTIFICATION OF OCCUPATIONAL PERFORMANCE ISSUES

To identify occupational performance problems, interview and observe. Interview the client, observe client activities in real-world contexts and discuss the client's views on priority and satisfaction with the results. Consider the client's perspective on the importance of the activities and the impact of the client's performance on their life. Then ask the client to identify areas of concern, and discuss the client's views on the importance of these areas. See the client's perspective on the importance of these areas. See the client's perspective on the importance of these areas. See the client's perspective on the importance of these areas.

STEP 1A: Self-care

Personal Care
 Dressing
 Eating/feeding
 Washing/toileting
 Personal hygiene

Functional Mobility
 Getting in/out of vehicles
 Getting in/out of buildings

Community Management
 Getting in/out of buildings
 Getting in/out of vehicles
 Getting in/out of public places
 Getting in/out of public places

STEP 1B: Productivity

Productivity
 Productivity

Perceived Wellness Survey

	Very Strongly Disagree	Strongly Disagree	Disagree	Agree	Strongly Agree	Very Strongly Agree
1. I am always optimistic about my future.	1	2	3	4	5	6
2. There have been times when I felt inferior to most of the people I know.	1	2	3	4	5	6
3. Members of my family come to me for support.	1	2	3	4	5	6
4. My physical health has restricted me in the past.	1	2	3	4	5	6
5. I believe there is a real purpose for my life.	1	2	3	4	5	6
6. I feel always seek out activities that challenge me to think and reason.	1	2	3	4	5	6
7. I rarely count on good things happening to me.	1	2	3	4	5	6
8. In general, I feel confident about my abilities.	1	2	3	4	5	6
9. Sometimes I wonder if my family will really be there for me when I am in need.	1	2	3	4	5	6
10. My body seems to react physical illness very well.	1	2	3	4	5	6
11. I feel I do not hold back future promises for me.	1	2	3	4	5	6
12. I avoid activities which require me to concentrate.	1	2	3	4	5	6
13. I always look at the bright side of things.	1	2	3	4	5	6
14. I sometimes think I am a worthless individual.	1	2	3	4	5	6
15. My friends know they can always confide in me and ask me for advice.	1	2	3	4	5	6
16. My physical health is excellent.	1	2	3	4	5	6
17. Sometimes I don't understand what life is all about.	1	2	3	4	5	6
18. Generally, I feel pleased with the amount of intellectual stimulation I receive in my daily life.	1	2	3	4	5	6
19. In the past, I have expected the best.	1	2	3	4	5	6
20. I am uncertain about my ability to do things well in the future.	1	2	3	4	5	6
21. My family has been available to someone else in the past.	1	2	3	4	5	6

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Factors Influencing Return to Purpose

(Eriksson, 2007)

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Live Well


- Facilitate “Living Well”
 - 5 areas of healthy living
 - Discuss current status
 - Assist with goal setting

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Interventions

Physical	Cognitive	Emotional	Adaptation
Coping	Remedial/Compensatory	Task oriented	Saliency
Generalization	Support system	Goal progress	Episodic care


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Interventions

- Taken for granted occupations
 - Strategies
 - New way of thinking
 - New way of doing
 - Use of the environment

(Eriksson, 2007)

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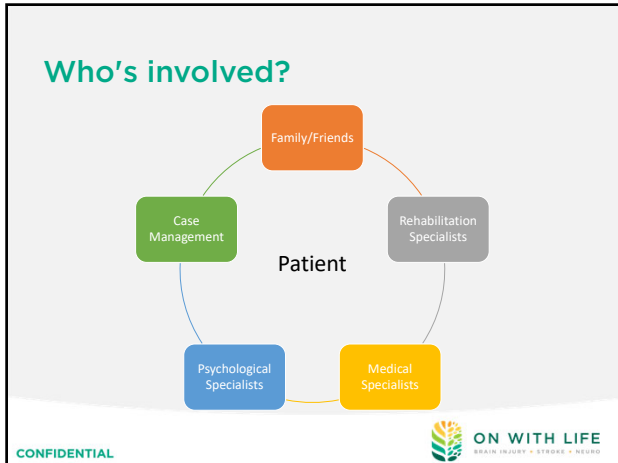
Interventions

- Symbolic Occupations
 - Leisure
 - Social activities
 - IADL participation

(Eriksson, 2007)


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Case Study - Mark



- 75 y/o male
- Diagnosis: CVA
- Retired elementary school teacher
- Author/Speaker
- Goals:
 - "Be strong and independent"
 - Drive again
 - Work out
 - Attend sporting events
 - Regain use of L arm/leg

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Case Study - Mark

Barriers of Return to Purpose:

- Memory of progress
- Fear of fall/injury
- Reduced confidence
- Emotional and mood limitations

Interventions to Overcome Barriers:

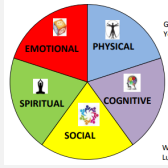
- Written and video tracking of progress
- Goal setting in sessions
- Coaching
- High repetition of activity for confidence building
- Collaboration/education with spouse

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Case Study - Mark



Emotional

- Collaboration with physician
- Recommendation for counseling services

Cognitive

- Speech therapy intervention
- Cognitive training

Spiritual

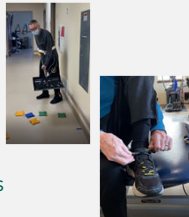
- Involvement in church

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Case Study - Mark



Physical

- Emphasis on functional activities
- Goal setting/tracking of progress



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Case Study - Mark

Social

- Return to involvement in social groups
- Return to the gym
- Lunch dates
- Return to sporting events
- Fundraising



Episodic Care

- Purpose - "to get better and give back to others"

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Conclusion

- Return to purpose and joint life satisfaction is most related to participation in the following:
 - Leisure
 - Social activities
 - One IADL activity



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