

# Occupational Therapy and AgrAbility

Hagan Kiser, OTS Mary Baldwin University

Cooperative Extension at North Carolina A&T State University



## What is the definition of Occupation?

The World Federation of Occupational Therapists (2012) defines occupation as "...the everyday activities that people do as individuals, in families, and with communities to occupy time and bring meaning and purpose to life. Occupations include things people need to, want to, and are expected to do." (AOTA, 2014, p.5)

## What is Occupational Therapy?

The goal of Occupational Therapy (OT) is to aid the clients in achieving optimal "health, well-being, and participation in life through engagement in occupation." (AOTA, 2014, p. 4)



## Domains of Occupational Therapy

Activities of Daily Living (ADLs)	<u>Work</u>
Instrumental Activities of Daily Living (IADLs)	Play
Rest and Sleep	Leisure
Education	Social Participation

## Key Points to Consider:

The most prevalent injuries in the farming population are sprains/strains (Barren, Estill, Steege, & Lalich, 2013)

The most affected areas of the body concerning injury are the low back, arms, shoulders, and hands (Barren, Estill, Steege, & Lalich, 2013)

The majority of musculoskeletal injuries in the farming industry are due to chronic exposure to stooped positions, lifting/carrying heavy materials in awkward positions, excessive kneeling, twisting, bending, squatting, using arms above shoulder height (90° shoulder flexion), repetitive stress injuries, and vibrating forces (Barren, Estill, Steege, & Lalich, 2013)

The average age in the farming population in NC is 58.1, putting them at a higher risk of chronic conditions such as arthritis (North Carolina Department of Agriculture & Consumer Services, 2019)

Overexertion is common among the farming population (Barren, Estill, Steege, & Lalich, 2013)

Not all disabilities are visible; mental illnesses must be taken into consideration when treating holistically

### References

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