



ANEXO II

Definitions of Occupational Therapy Draft 2 – January 2000 (5) World Federation of Occupational Therapists (WFOT)

Este documento de trabajo es revisado de manera periódica a petición de la Reunión del Consejo de la Federación Mundial de Terapeutas Ocupacionales (WFOT). El propósito de este manual es proporcionar una visión global de cómo los diferentes países definen la profesión de Terapia Ocupacional y su similar a nivel internacional.

Las 28 definiciones recogidas durante el período 1994-96 por el Comité de Práctica Profesional (WFOT) fueron enviados a los diversos países participantes, para su aprobación o modificación.

La responsabilidad por el contenido y redacción de estas definiciones se encontraba en manos de las Asociaciones miembros de la Federación Mundial de Terapeutas Ocupacionales (WFOT). El Comité de Práctica Profesional de la WFOT ha hecho todo lo posible para confirmar la exactitud de estas definiciones.

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<i>Countries</i>	<i>Language</i>	<i>Date of reception by Professional Practice Committee</i>
WFOT	English	1993
Australia*	English	9/1994
Austria	German	2/1995
Belgium*	French, Dutch, English	9/1994
Canada	English	12/1994
China / Taiwan	Chinese (<i>scanned</i>), English	3/2000
Chile	English	3/1998
Colombia	Spanish	11/1994
Denmark*	Denmark has not a short official definition of occupational therapy according to the law. Denmark has descriptions of different practice areas within occupational therapy.	
Finland*	Finnish, English	12/1997
France*	French	9/1994
Germany*	German, English	2/1998
Iceland*	Icelandic, English	12/1997
Ireland*	English	2/1996
Japan*	English, Japanese (<i>scanned</i>)	12/1999
Jordan	English, Arabic (<i>scanned</i>)	
Luxembourg*	French	12/1999
Malaysia	Malay	9/1994
Malta	English	4/1998
Netherlands*	Dutch, English	8/1999
New Zealand*	English	2/1995
Norway*	Norwegian	11/1994
Portugal	Portuguese, English	11/1994
Singapore*	English	12/1998
Spain*	Spanish, English	1999
Sweden	English	10/1994
Switzerland*	German, French, Italian	1994
United Kingdom	English	9/1990
United States of America	English	12/1997

* Definitions, approved, revised or modified in 1998 or 1999

Definition and Function of Occupational Therapy

Occupational Therapy is a health discipline which is concerned with people who are physically and/or mentally impaired, disabled and/or handicapped, either temporarily or permanently. The professionally qualified occupational therapist involves the patients in activities designed to promote the restoration and maximum use of function with the aim of helping such people to meet the demands of their working, social, personal and domestic environment, and to participate in life in its fullest sense.

Occupational therapy may be indicated for any or all of the following:

- * to assist in maintaining maximum well being
- * to prevent deterioration of a chronic disorder
- * to assist in diagnosis
- * to promote and restore biopsychosocial functions
- * to hasten convalescence
- * to restore work capacity
- * to promote social adjustment and integration
- * to test the stability of recovery

Procedures selected are related to each patient's needs. In every case observation, analysis and recording are an essential part of the occupational therapist's function. Success in treatment depends largely on the individual and group relationships involved, and the effort which each patient can be encouraged to make towards his/her recovery.

Occupational therapy programmes are part of the health care services in hospitals, (treating physical and/or psychiatric disorders), day hospitals, rehabilitation centres, geriatric institutions, home care programmes, special schools and clinics, reform institutions, home care and community programmes and other organizations which provide rehabilitation and/or preventive services, both within and outside the medical model. The occupational therapist contributes to the total rehabilitation of the patient in conjunction with other members of the treatment team.

1993

1. Australian Association of Occupational Therapists

1. Occupational Therapy is a health related profession using selected activity to prevent and overcome many physical, emotional or social disabilities in people of all ages. The objective is to promote, maintain or restore functional independence in daily living skills.
2. Occupational Therapy is concerned with human occupation and it's importance in health for persons of all ages.
Occupational Therapists evaluate the physical, psychosocial and environmental factors which reduce a person's ability to participate in everyday activities of occupation.

Therapeutic objectives are achieved through techniques or activities designed to:

1. Diminish and control pathology
 2. Restore and/or reinforce functional capacity
 3. Facilitate learning of skills and function essential for adaptation or productivity
 4. Promote and maintain health
3. Occupational Therapy is a health profession which teaches, maintains and promotes competent behaviour in the areas of living, learning and working to individuals experiencing illness, developmental deficits and/or physical and psychological dysfunction or who are otherwise at risk.

September 1994

2. Verband der diplomierten ErgotherapeutInnen Österreichs (Austrian Association of Occupational Therapists)

Der ergotherapeutische Dienst umfasst die eigenverantwortliche Behandlung von Kranken und Behinderten nach ärztlicher Verordnung durch handwerkliche und gestalterische Tätigkeiten, das Training der Selbsthilfe und die Herstellung, den Einsatz und die Unterweisung im Gebrauch von Hilfsmitteln einschließlich Schienen zu Zwecken der Prophylaxe, Therapie und Rehabilitation; ohne ärztliche Verordnung die Beratungs- und Schulungstätigkeit sowohl auf dem Gebiet der Ergonomie als auch auf dem Gebiet des allgemeinen Gelenkschutzes an Gesunden.

February 1995

3. Canadian Association of Occupational Therapists

Occupational therapy, as the name implies, uses occupation to promote and maintain health, and to prevent or remediate dysfunction as a result of disease, injury, ageing, social disadvantage or impairments resulting in disability. Occupation refers to any activity or task necessary to self care (e.g. eating, dressing), productivity (e.g. school, work, homemaking), or leisure pursuits (e.g. play, recreation activities). Occupation is viewed as essential to health.

December 1994

4. Ergoterapeut foreningen (Danish Association of Occupational Therapists)

Denmark has not a short official definition of occupational therapy according to the law.
Denmark has descriptions of different practice areas within occupational therapy.

**5. Federation Nationale Belge des Ergotherapeutes
Nationale Belgische Federatie van de Ergotherapeuten
(Belgian Association of Occupational Therapists)**

L'ergothérapeute est le paramédical qui accompagne les personnes présentant un dysfonctionnement physique, psychique et/ou social en vue de leur permettre d'acquérir, de recouvrer ou de conserver un fonctionnement optimal dans leur vie personnelle, leurs occupations professionnelles ou la sphère de leurs loisirs, par l'utilisation d'activités concrètes, s'y rapportant et tenant compte de leurs potentialités et des contraintes de leur environnement.

De ergotherapeut is de paramedicus die mensen met fysieke, psychische en/of sociale dysfuncties begeleidt met oog op het bevorderen, terugwinnen, en/of in stand houden van het zo zelfstandig mogelijk functioneren in hun persoonlijk leef-, werk- en ontspanningssituatie, via concrete activiteiten daaraan ontleend en rekening houdend met hun draagkracht en de draaglast vanuit hun omgeving.

The occupational therapist is the paramedical who assists patients suffering from a physical, psychic and/or social disability, in order to allow them to acquire, recover or maintain an optimum ability for performing functions required in their daily life, their professional occupations or their sphere of leisure, by using concrete related activities and taking into account the patients potentialities as well as the constraints of their environment.

September 1994

6. Occupational Therapy Association of Chile

Occupational therapy is a discipline of health field whose purpose of study is human occupation in all stages of life.

Human occupation includes all the activities of everyday life in which persons of any age are involved and it allow them to adapt themselves to their environment, to be productive and to obtain satisfactions in their autonomy, work and use of free time.

Escuela de Terapia Ocupacional
Universidad de Chile. Santiago – Chile

**7. Asociación Colombiana de Terapia Ocupacional
(Colombian Association of Occupational Therapists)**

1. La disciplina de la Ocupación Humana, de acuerdo con el método científico, se dirige a explicar problemas de ciencia básica y aplicada relacionados con la naturaleza ocupacional del ser humano y sus disfunciones. A través de su cuerpo suministrados por el Terapeuta Ocupacional, los cuales promueven, conservan o restauran la calidad de vida, o facilitan la integración sociolaboral, por medio de ocupaciones dirigidas con la finalidad de propiciar la independencia, productividad, creatividad, socialización y satisfacción personal.
2. La disciplina de la Ocupación Humana, a partir del método científico, se dirige al estudio, análisis y esclarecimiento de la naturaleza ocupacional del hombre, a fin de lograr el bienestar y calidad de vida del individuo a lo largo de su ciclo vital para actúe adaptativamente en un rango de conductas que le permitan establecer un balance entre trabajo juego, autocuidado, actividades de tiempo libre y responder en términos de identidad y aprendizaje a las necesidades individuales dentro del entorno social-ecológico-cultural.

November 1994

8. Occupational Therapy Association of the Republic of China / Taiwan

職能治療的定義

職能治療是透過幫助個案選擇、安排與執行日常的職能活動，進而提昇其生活品質。職能治療的對象包括因生理、心理及社會功能障礙、發展遲緩、學習障礙、老化或社會文化環境不利等因素而導致執行個人的活動或參與社會的能力受限者。職能治療專業人員應用職能科學與理論及活動分析，來瞭解影響個案職能表現的原因；針對個案的生理、心理及社會功能予以訓練、提昇，同時並運用環境改造、副木及輔助用具、工作簡化、以及工作強化等方法，來幫助個案能夠執行有意義的日常活動，以維持其身心功能，並預防功能之退化，讓每個人都能夠過著有品質的生活。

Occupational therapy is aimed at improving an individual's quality of life by assisting him/her to choose, arrange and carry out daily activities. Individuals who may benefit from occupational therapy include those whose daily function and social participation are limited by physical and/or psychosocial dysfunction, developmental disabilities, learning disabilities, aging, or inadequate socio-cultural environment. Occupational therapy professionals apply principles of occupational science and of activity analysis to determine factors influencing the individual's occupational performance, and approach these factors from a bio-psycho-social perspective. In addition, occupational therapist often use environmental adaptation, splinting, assistive devices, work simplification and work hardening to help the individual engage in meaningful daily activities, maintain his/her sense of well-being and prevent regression in function to ensure one's satisfaction of life.

March 2000

9. Suomen toiminterapeuttiliitto ry. Finlands ergoterapeutförbund rf. (Finnish Association of Occupational Therapists)

Toimintaterapia on asiakkaan toimintakykyyn kohdistuvaa kuntoutusta. Kuntoutuksessa huomion kohteena ovat asiakkaan toimintakyvyn vahvuudet ja rajoitukset, yksilölliset toiveet, elinympäristön vaatimukset ja elinympäristön mahdollisten haittojen ja rajoitusten vähentäminen ja ehkäiseminen. Asiakkaan elämänlaatua parannetaan tukemalla häntä löytämään ja käyttämään mahdollisuuksiaan laaja-alaisesti itsestä huolehtimisen, työn, leikin ja vapaa-ajan toimintojen alueilla. Toimintaterapian tavoitteena on, että asiakas voisi elää arvojensa mukaista, hyvää elämää sairauden tai vamman aiheuttamista rajoituksista huolimatta.

Occupational therapy is a form of rehabilitation with its concern in a client's ability to function. In occupational therapy the focus is on the other hand at the client's abilities and strengths and on the other hand at her/his limitations, individual hopes, demands of the environment and elimination of possible hindlers. The goal of OT is to promote the quality of life of the client. Occupational therapist supports her/him in finding and using her/his maximum capacities in the areas of self-care, work, play and leisure time. The aim of OT is that the client is able to live her/his life according to her/his values, have as good a life as possible despite the limitations caused by an illness, disability or handicap.

December 1997

10. Association Nationale Française des Ergothérapeutes
(French Association of Occupational Therapists)

L'ergothérapie occupe une place spécifique dans le milieu médico-social, particulièrement depuis la création du diplôme d'état en 1970 et du décret de compétence du 21 novembre 1986.

Le but de l'ergothérapie est de favoriser le maintien ou l'accession au maximum d'autonomie des individus en situation de handicap et ceci dans leur environnement.

L'ergothérapeute intervient à plusieurs niveaux:

- il rééduque l'individu afin d'améliorer les fonctions déficitaires et de favoriser la restructuration globale de la personnalité;
- il réadapte l'individu afin de développer les capacités résiduelles d'adaptation, de compensation, en tenant compte des éléments matériels et humains liés à son milieu de vie habituel;
- il conseille l'individu en difficulté et son entourage, mais aussi les entreprises, les collectivités locales, les différents acteurs de l'environnement et propose des solutions pratiques pour favoriser l'intégration de la personne et un environnement accessible au plus grand nombre.

C'est par son outil thérapeutique spécifique, l'activité, dans ses différentes composantes motrices, sensorielles, psychologiques, socioculturelles, et par la spécificité de son aire d'intervention, le cadre de vie de tous les jours, que l'ergothérapeute est apte à oeuvrer dans une perspective de réadaptation globale.

Detraz M.C. et Coll. – Définition de l'Ergothérapie- in Encyclopédie Méd. Chir. – Editions Techniques, Paris, France – 1992 – 20 pages

September 1994

11. Deutscher Verband der Ergotherapeuten
(German Association of Occupational Therapists)

Ergotherapie beruht auf medizinischer und sozialwissenschaftlicher Grundlage und ist ein ärztlich zu verordnendes Heilmittel.

Ergotherapie kommt zum Einsatz bei Menschen jeden Alters mit motorisch-funktionellen, sensomotorisch perzeptiven, neuropsychologischen und psychosozialen Störungen.

Ziel der Ergotherapie ist es, individuelle Handlungskompetenzen im täglichen Leben und im Beruf zu entwickeln, wiederzuerlangen und/oder zu erhalten.

Die Methode der Ergotherapie ist der spezifische Einsatz ausgewählter Aktivitäten, um Auswirkungen von Krankheit und Behinderung zu analysieren und zu behandeln.

Occupational Therapy is based on medical and social sciences and it is a treatment that has to be prescribed by a physician.

Occupational Therapy is being applied for people of all ages with motor, sensorimotor and perception, neuropsychological and psychosocial deficits.

Occupational Therapy aims at developing, regaining and/or maintaining individual occupational skills in the area of daily life and work.

Occupational Therapy uses the specific implementation of selected activities to analyse and overcome the consequences of illness and handicap through treatment.

February 1998

12. Association of Occupational Therapists of Ireland

Occupational Therapists provide services, within health care, rehabilitation and preventative programmes, to people whose ability to cope with everyday activities is threatened or impaired by physical, psychological or developmental problems.

Occupational Therapists can assess and treat any person, adult or child, who has practical difficulties due to conditions such as: mental illness, arthritis, cerebral palsy, accidental injuries, stroke, learning difficulties or other congenital, developmental, degenerative or neurological conditions.

Occupational Therapy aims to solve practical problems by using selected activities. Its goal is to enable each person to achieve as independent, productive and satisfying a lifestyle as possible. Treatment provides opportunities for the person to explore and master the tasks essential to life roles at home, at work and in leisure.

February 1996

13. Idjuthjálfun á Íslandi Idjuthjálfafélag Íslands (Icelandic Occupational Therapy Association)

Idjuthjálfun er starfsgrein innan heilbrigðistjónustunnar. Idjuthjálfar starfa við hæfingu og endurhæfingu og við að efla heilsu og koma í veg fyrir sjúkdóma og vanlíðan. Starfid felst í mati, thjálfun, fraedslu og ráðgjöf.

Occupational therapy is a health service profession. Occupational therapists work with habilitation, rehabilitation, preventing disease, and promoting health and well being. Occupational therapy includes: evaluating, training, educating and consulting.

December 1997

14. Japanese Association of Occupational Therapists

作業療法とは、身体又は精神に障害のある者、またそれが予測される者に対し、その主体的な生活の獲得を図るため、諸機能の回復、維持及び開発を促す作業活動を用いて、治療、指導及び援助を行うことをいう。

Occupational therapy is to provide treatment, supervision or care to those who have or may have physical and/or mental disabilities, for the purpose of gaining active life, through various occupations which facilitate, restore or develop various functions.

January 1999

15. Malta Association of Occupational Therapists

Occupational Therapy is the assessment and treatment of physical and psychological conditions through selected techniques and purposeful activities aimed at improving the individual's level of functional independence and quality of life.

April 1998

16. Jordan Association of Occupational Therapists

العلاج الوظيفي: علم وفن تقييم ومعالجة الاعاقات الجسدية والنفسية من جميع الفئات العمرية باستخدام نشاطات ووسائل ذات هدف علاجي ، تقاد وتعديل من قبل المعالج الوظيفي بهدف الوصول الى أقصى درجة من الاستقلالية والاعتماد على النفس في جميع مجالات الحياة اليومية .

The art and science of assessment and treatment of the physical and mental handicap through the specific use of selected therapeutic activities guided and adopted by the Occupational Therapist aiming to reach the optimal level of independence in all aspects of daily life.

17. Association Luxembourgeoise des Ergothérapeutes (Luxembourg Occupational Therapists Association)

L'ergothérapeute est un professionnel de la Santé qui exerce l'art de l'ergothérapie. L'ergothérapie est une méthode de prise en charge des bénéficiaires de soins qui s'applique dans les domaines, de la rééducation, de la réadaptation, de la prévention et du conseil. Elle s'adresse à des personnes présentant, de façon déclarée ou potentielle, une déficience, un dysfonctionnement, une incapacité ou un handicap de nature somatique, sensorielle, psychique, intellectuelle ou associée créant une désadaptation ou une altération de l'identité.

L'ergothérapeute agit à 2 niveaux :

- **au niveau de la personne :** il cherche à améliorer les fonctions déficitaires, à développer les possibilités restantes et à stimuler les capacités relationnelles. Il vise au maintien ou à l'accession à un maximum d'autonomie individuelle, sociale et professionnelle. L'ergothérapeute réalise les orthèses adéquates ou propose les aides techniques qui s'avèrent nécessaires à l'indépendance de la personne handicapée.
- **au niveau de l'environnement :** l'ergothérapeute propose les solutions pratiques pour modifier l'environnement matériel ou architectural afin de le rendre plus accessible et favoriser une meilleure intégration de la personne handicapée dans son milieu familial, professionnel et social.

December 1999

18. Persatuan Jurupulih Cara Kerja Malaysia (Malaysian Occupational Therapists Association)

Pemulihan Cara Kerja ialah rawatan pemulihan melalui aktiviti spesifik keatas pesakit yang menghadapi masalah fizikal, psikologikal, atau sosial, bertujuan membantu mereka mencapai tahap keupayaan yang maksima supaya berdikari di semua aspek kehidupan harian.

Occupational Therapy is rehabilitative treatment through specific activities by patients who have physical, psychological or social problems, aiming to help them achieve their maximum level of abilities in order to be as independent as possible in all aspects of daily living.

September 1994

19. Nederlandse Vereniging Voor Ergotherapie

(The Netherlands Occupational Therapists Association)

Ergotherapie biedt de cliënt de mogelijkheden een optimale wijze van uitvoeren van dagelijkse activiteiten te bereiken in de eigen omgeving, waarbij het concrete, voor de cliënt betekenisvolle handelen op de gebieden zelfredzaamheid, arbeid (productiviteit) en vrije tijd onderwerp zijn van therapie.

Occupational therapy offers the client the opportunity to reach an optimal way of performance in daily activities in their own environment; concrete and meaningful occupational behaviour in self-care, productivity and leisure are subjects of therapy.

July 1998

20. Norsk Ergoterapeutforbund

(Norwegian Occupational Therapists Association)

Ergoterapeuter arbeider for å fremme menneskers daglige virksomhet. Malet er mestring av onskede og nødvendige aktiviteter, og opplevelse av et meningsfullt liv. Ulike sykdommer, skader og lidelser setter ulike begrensinger for menneskets utfoldelse i dagliglivets aktiviteter. Ergoterapeutens tiltak reduserer disse begrensningene.

November 1994

21. New Zealand Association of Occupational Therapists Inc.

Occupational Therapy is a health profession which enables people who have impairment or dysfunction to participate and become independent in activities required for self-care, work, leisure or play.

By the use of a problem solving process involving evaluation and goal achievement, clients/patients are assisted to regain function, develop existing or potential abilities and require the skill to become contributing members of a community.

The occupational therapist is skilled in matching the demands and challenges of an activity with the environment and client/patient interests and needs.

Occupational therapy services are provided to people individually, in groups or through social systems.

February 1995

22. British Association of Occupational Therapists

Occupational therapy is the treatment of people with physical and psychiatric illness or disability through specific selected occupation for the purpose of enabling individuals to reach their maximum level of function and independence in all aspects of life. The occupational therapist assesses the physical, psychological and social functions of the individual, identifies areas of dysfunction and involves the individual in a structured programme of activity to overcome disability. The activities selected will relate to the consumer's personal, social, cultural and economic needs and will reflect the environmental factors which govern his/her lifestyle.

September 1990

23. Associação Portuguesa de Terapia Ocupacional

(Portuguese Association of Occupational Therapists)

Avaliação tratamento e habilitação de indivíduos com disfunção física, mental, de desenvolvimento, social ou outras, utilizando técnicas terapêuticas integradas em actividades seleccionadas consoante o objectivo pretendido e enquadradas na relação terapeuta/utente; prevenção da incapacidade, através de estratégias adequadas com vista a proporcionar ao indivíduo o máximo de desempenho e autonomia nas suas funções pessoais, sociais e profissionais, e, se necessário, o estudo e desenvolvimento das respectivas ajudas técnicas, em ordem a contribuir para uma melhoria da qualidade de vida.

Assessment, treatment and enablement of people with physical, mental, developmental, social or other dysfunctions, using therapeutic techniques together with activities selected according to the adequate aim and supported by the relation therapist/client; prevention of the disability, throughout and autonomy in his personal, social and professional functions and, if necessary, the study and development of technical aids in order to contribute to a better quality of life.

November 1994

24. Singapore Association of Occupational Therapists

Occupational Therapy is a health discipline which is concerned with people of all ages whose everyday life has been affected by physical and/or mental health problems.

It uses meaningful activities and variety of treatment methods to obtain a desired level of functioning in work, self-care, play and familial roles within the person's cultural environment.

Services provided may include consultation, education, health promotion, direct intervention, home and work adaptation, prescription of assistive devices and family or caregivers support within the health and social system.

December 1998

25. Asociación Profesional Española de Terapia Ocupacional

(Spanish Occupational Therapists Association)

“La Terapia Ocupacional es la disciplina sociosanitaria que evalúa la capacidad de la persona para desempeñar las actividades de la vida cotidiana e interviene cuando dicha capacidad está en riesgo o dañada por cualquier causa .

El Terapeuta Ocupacional utiliza ,con finalidad terapéutica , la actividad y el entorno para la prevención y tratamiento de las deficiencias , discapacidades y minusvalías , con el objetivo de conseguir y/o mantener el máximo nivel de salud, autonomía personal e integración en el entorno de la persona y/o grupos de trabajo.”

“Occupational Therapy is the Health and Social discipline that assess the person's ability to perform the occupational activities and intervenes when said ability is at risk or deteriorated by any means.

The Occupational Therapist makes use of the occupational activity and the environment with a therapeutic aim to prevent and treat impairments, disabilities and handicaps, having as a final objective to achieve and /or maintain the maximum level of health, independence and integration of the individual and/or groups at risk.”

April 1999

26. ErgotherapeutInnen Verband Schweiz (Swiss Occupational Therapists Association)

Ergotherapie - abgeleitet vom griechischen „ergein“ (tun, arbeiten, handeln) - ist eine ganzheitlich ausgerichtete medizinische Behandlung, die psychologische, pädagogische und soziale Aspekte einbezieht.

Ergotherapie geht davon aus, dass Tätigkeit ein menschliches Grundbedürfnis ist, und dass gezielt eingesetzte Tätigkeit eine therapeutische Wirkung hat.

Die sorgfältige Erfassung des Menschen in seiner gesamten Lebenssituation ist Voraussetzung für therapeutisches Planen und Behandeln mittels ausgewählter Tätigkeiten. Das Auswerten des Behandlungsverlaufes garantiert ein individuelles, dem Genesungsprozess angepasstes Behandlungsprogramm.

Ärztlich verordnete Ergotherapie wird von den Sozialversicherungen und Krankenkassen vergütet.

L'ergothérapie est un traitement spécifique, basé sur des principes médico-psycho-pédagogiques; l'étymologie de ce terme vient du grec „ergein“: faire, travailler, agir.

L'ergothérapie part du principe qu'agir est un besoin fondamental de l'homme et que l'action possède des effets thérapeutiques.

La planification et l'exécution des activités finalisées, ne sont réalisables que grâce à une compréhension globale de l'individu.

Une évaluation continue du déroulement du traitement, permet à l'ergothérapeute d'adapter les activités finalisées aux exigences et aux progrès du patient.

Le traitement ergothérapeutique est pris en charge par les assurances sociales et les caisses maladies, à condition qu'il soit prescrit par un médecin.

L'ergoterapia - il nome deriva dal greco "ergein" (fare, lavorare, agire) - è un trattamento specifico, fondato su principi medici, psicologici e pedagogici.

L'ergoterapia presuppone che l'agire è un bisogno umano fondamentale: ciò presenta effetti terapeutici.

La considerazione accurata dell'individuo in tutta la sua globalità, è la premessa per un programma terapeutico personalizzato, basato sullo svolgimento di attività finalizzate. Una costante valutazione della terapia, ne garantisce l'adattamento alle esigenze e ai progressi del paziente. Le assicurazioni sociali e le Casse Malattia provvedono ai costi dell'ergoterapia, dietro prescrizione del Medico Curante.

1994

27. Förbundet Sveriges Arbetsterapeuter (Swedish Association of Occupational Therapists)

The purpose of occupational therapy is to improve the capability of patients to live a worthwhile life in accordance with their wishes and needs and in relation to the demands made by society.

The means by which the occupational therapist can achieve this aim involve developing the active capabilities of the patient by occupational therapy or preventing these capabilities from being impaired and, in relevant cases, of compensating for this so that patients can perform their day-to-day activities.

The aims of occupational therapy and the means described for achieving these aims are based on the following suppositions regarding the nature, health and activity of people, and which therefore represent the human aspect of occupational therapy.

- People are inherently active and capable of developing.
- People's experience and understanding of the world around them presupposes activity.
- The development of people depends on activity and action.
- People are autonomous beings.
- People are social beings who engage in activities in interaction with others.
- People can influence their health by means of activity and action.
- People's health requires a balance of activity and rest.

October 1994

28. American Occupational Therapy Association

1. Occupational Therapy is the therapeutic use of self-care, work, and play activities to increase independent function, enhance development, and prevent disability; may include adaptation of task or environment to achieve maximum independence and to enhance quality of life. - Dictionary definition of occupational therapy, adopted and approved by the Representative Assembly in April 1986.
2. Occupational Therapy is the use of purposeful activities or interventions designed to achieve functional outcomes which promote health, prevent injury or disability, and which develop, improve, sustain or restore the highest possible level of independence of any individual who has an injury, illness, cognitive impairment, psychosocial dysfunction, mental illness, developmental or learning disability, physical disability, or other disorder or condition. It includes assessment by means of skilled observation or evaluation through the administration and interpretation of standardized or nonstandardized tests and measurements. - Definition of Occupational Therapy Practice for State Regulation by the American Occupational Therapy Association, 1994.

December 1997



ANEXO III

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3. Romero D. y Moruno P.: Terapia Ocupacional: Teoría y Técnicas. Barcelona Masson. 2003.
4. Arendt H. La Condición humana. Barcelona. Paidos. 1958.
5. Council Meeting of the **World Federation of Occupational Therapists (WFOT)**. Definitions of Occupational Therapy. Australia. 2000