Older people as occupational beings

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Our older population
Our older population
Defining occupations

- "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)" (CAOT, 1997:3).

- “all things that people need, want or have to do” (Wilcock 2006: xiv).
Occupation

• “an occupation has meaning for the individual and forms a part of their personal identity. Occupations provide a framework for organising activities” (Creek 1997:32).
Doing and being

- For positive health, people need what they do to offer:
  - meaning
  - choice
  - satisfaction
  - a sense of belonging, purpose and achievement.
Older peoples occupations – self care
Older peoples occupations – leisure
Older peoples occupations – leisure

226 mins per day (ONS)
149 mins per day (UoN)

71 mins per day (ONS)
56 mins per day (UoN)
Older peoples occupations – leisure
Older peoples occupations – productivity
Older peoples occupations – productivity

20% of women aged 60-64 provide care
3% of women aged 85+ provide care
Older peoples occupations – rest
Occupational roles
Occupational roles
Occupational roles
Older adults still doing

Duncan Maclean

Cella Delavrancea

Reginald Weaver

Jenny Wood Allen
news.bbc.co.uk/1/hi/uk/321380.stm
If ageing is to be a positive experience it must be accompanied by improvements in the quality of life of those who have reached – or are reaching – old age.