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Occupational Therapy and Life Course Development: A Work Book for Professional Practice

Ruth Wright, Léonie Sugarman

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Occupational Therapy and Life Course Development is an invaluable work book for professional practice. It provides a tool to help both students and qualified professionals develop and enhance a framework for their practice that supports all individuals and settings in a holistic and inclusive way.

Much of the book is organised as a work book based around a single case study. It includes theory related to life span development and managing change, and also exercises for readers to complete in order to apply the theory to practice.

Chapters span such key topics as the client in context; life events; transition and loss; the management of stress; and planful decision making.

The book emphasises how issues of life course development are as relevant to health and social care professionals as they are to their clients. A number of exercises invite readers to reflect on their own life course, and there chapters both on becoming and belonging as an occupational therapist, and on developing professional practice.

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