

# An Occupational Therapy Internship Project: The Roots To Occupation

Sarah MacFarlane, MSc Occupational Therapy Student, Queen Margaret University

Dr Fiona Maclean, Senior Lecturer, Division of Occupational Therapy & Arts Therapies, Queen Margaret University

Elaine Hunter, National AHP Consultant Alzheimer Scotland

## Introduction

Having identified in a previous occupational therapy internship project what occupations matter to people living with dementia, the Roots to Occupation Project aimed to explore how these were sustained.

## What occupation(s) matter?

In the diagram illustrated, the larger leaves identify occupations or activities, all Scottish Dementia Working Group (SDWG) members valued, whilst the smaller leaves demonstrate those which were unique to the person.

## How are these occupations sustained?

Conversations with members of the SDWG identified three roots, or mechanisms through which, people living with dementia continued to participate in occupations identified by them as being of importance. These were; my environment(s), my strengths and people in my life.

Our diagram aims to illustrate what occupations are identified by people living with dementia as being of importance and how these can be supported, which we have called the Roots to Occupation.

For more information contact Elaine at [ehunter@alzscot.org](mailto:ehunter@alzscot.org) and Fiona at [FMaclean@qmu.ac.uk](mailto:FMaclean@qmu.ac.uk)

