



## Postgraduate Study in Occupational Therapy

### Future Practice with Older People in the 21st Century

Due to changing demographics and health and disability issues in New Zealand's elder population, occupational therapists need to acquire an active, assertive voice to gain recognition for the value of occupation for the elderly. Occupational therapists, in serving their clients, need to become leaders in the creation, development and implementation of effective practice strategies. In order to do this, an understanding of current research and knowledge is needed, as well as of predicted trends. The aim of this paper is to empower therapists to acknowledge their own expertise, identify their own knowledge requirements, identify practice opportunities and needs and explore ways to create future practice.

#### LEARNING OUTCOMES

At the completion of this paper, students will be able to:

- Discuss the impact of the changing demographic patterns of the elderly in the delivery of occupational therapy practice.
- Explore the occupational therapy needs of the elderly, taking into account the changes occurring in this age group.
- Develop and evaluate programs to address the differing needs of the elderly taking into account present health care policy and future directions of service.

#### CONTENT

- Healthcare systems
- Wellness and prevention
- Domains of concern for occupational therapist in eldercare
- Occupation in later life

#### ASSESSMENT

Written proposal of eldercare practice or program designed by the student based on their area of interest.

**Course dates: 26 July—19 November 2009**

**Indicative Fee: \$990.00 (plus \$45 OPISA + Internet connection fee)**

#### LECTURER PROFILE

**Alexa Andrew MOCcTher, NZAOT**



Alexa has long been involved in the area of eldercare both as a clinician, and more latterly lecturing in the National Certificate of Diversional Therapy, until its closure in 2007. Alexa has primary responsibility for eldercare related subjects in the Bachelor of Occupational Therapy. She comes to this topic with passion and commitment. While, demographics of future "elders" is a hot topic, few solutions are being presented. Occupational therapists, with their knowledge and understanding of occupation and its links to health, have an opportunity and an obligation to become vocal about solutions. This course will equip therapists to more confident in this area.

\* Course offered subject to minimum enrolments

#### Who do I contact for more information and an enrolment pack?

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