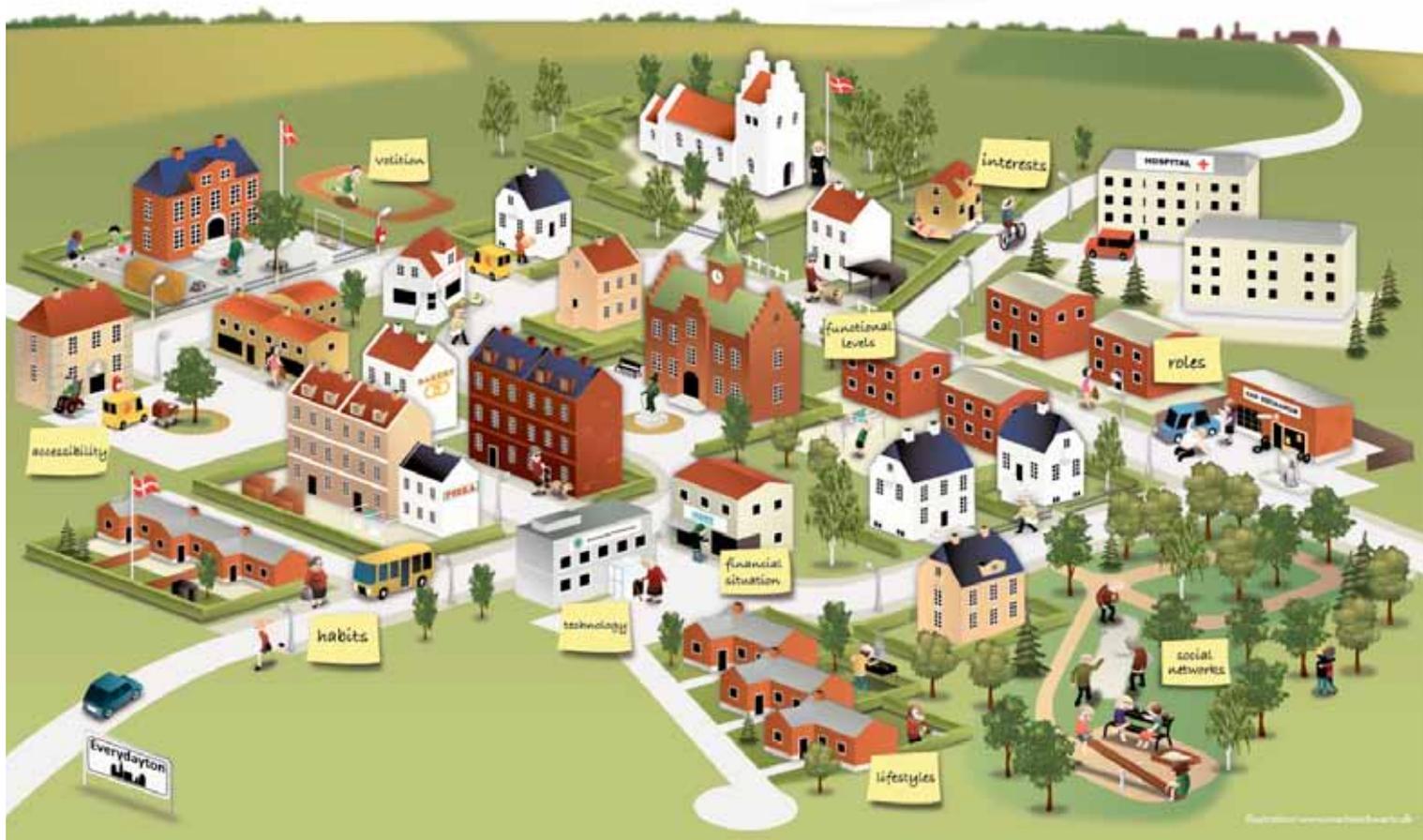


# Everyday Rehabilitation & Occupational Therapy



Denmark



The Danish welfare system is undergoing major changes these years. Rehabilitation in all shapes and forms develop into integrated and multidisciplinary efforts in the actual surroundings of the given individual. This has placed occupational therapy in the very centre of rehabilitation. We would like to share with our international colleagues the emerging new concept of Everyday Rehabilitation in Denmark, and the first-ever guide to the inspiring Everydayton.

# Occupational therapy all over Everydayton

Everyday is  
everywhere

The aim of what occupational therapists do is to help people function in the day-to-day living that faces us in all phases of our lives - in our own homes, as residents in an institution, at work and in that urban or rural environment which we are familiar with and participate in.

This means that occupational therapists not only focus on the health and functional abilities or limitations of the individual, but are acutely aware that the proper functioning of the individual citizen must be seen in a wider perspective: *what has to function is the everyday life of the person as a whole.*

This is the aim of Occupational Therapy and the aim of Everyday Rehabilitation.

### **Occupational Therapy goes a step further**

The support offered by a given society to individuals who cannot manage their everyday lives on their own, is therefore not restricted to functional training and helping recipients to achieve personal independence and be able to cope on their own. Everyday Rehabilitation and occupational therapy go a step further and attempt to strengthen the person's personal relationships and links to social communities - irrespective, for example, of health or financial status.

For this reason, Everydayton is accessible everywhere and for all. The town is well aware that all citizens play vital reciprocal roles and that these various roles must be supported and appreciated because they are all aspects of the town community. In Everydayton, all citizens link in every day to several fixed or transient networks. Here they find the will and motivation to remain active on all levels. Through their interests and lifestyles, citizens play an active part in the community, while strengthening good habits and the desire to enter into fellowship with other people. On the map of Everydayton presented here, the important factors that constitute the citizens' active and meaningful lives are marked in and have each been given their own memo. It can be quite difficult to keep an overall view of everyday life and remember the factors that make it work - and this applies both to individuals, citizens and to the local authority's many agencies.

When someone falls ill, grows old, or for some other reason needs to cooperate with the local authority about rehabilitation, Everydayton is a great place to live!



# Occupational therapists **as key professionals** in Everyday Rehabilitation

*Occupational therapists possess* the professional knowledge and experience to assess, analyse and describe daily life based on people's own priorities, life histories and resources.

*Occupational therapists are* specially trained to translate specific goals into daily actions in the real world, thereby supporting the motivation of recipients to create and to continue a meaningful life

*Occupational therapists possess* the skills required to guide colleagues and other professional groups with a view to supporting the actual desires and goals of recipients.

*Occupational therapists possess* the professional knowledge and experience to create viable and lasting results using individual Everyday Rehabilitation.





### **Rehabilitation: The Danish definition**

A goal-oriented, cooperative process involving a member of the public, his/her relatives, and professionals over a certain period of time. The aim of this process is to ensure that the person in question, who has, or is at risk of having, seriously diminished physical, mental and social functions, can achieve independence and a meaningful life. Rehabilitation takes account of the person's situation as a whole and the decisions he or she must make, and comprises co-ordinated, coherent, and knowledge-based measures.

*Source: The Danish Rehabilitation Forum and Marselisborg Centre in collaboration with the Ministry of Social Affairs, the Danish Medical Association, the Danish Cancer Society, the Faculty of Health Sciences at The University of Southern Denmark, The Danish Association of Occupational Therapists, The Association of Danish Physiotherapists, and the Danish Nurses' Organisation.*

**Everyday is  
everywhere**

# The **10 key**

principles of  
Everyday  
Rehabilitation



Everyday is  
everywhere

- 1** *Everyday Rehabilitation* reconstructs people's daily living
- 2** *Everyday Rehabilitation* is active training before passive assistance.
- 3** *Everyday Rehabilitation* places the support of the functionality of recipients within an overall focus on their daily lives in their real environment.
- 4** *Everyday Rehabilitation* works when the desire and will of the recipient to be active every day are driven by a personal goal to live daily life to the full.
- 5** *Everyday Rehabilitation* is always an interactive process involving recipients, their networks and professional workers.
- 6** *Everyday Rehabilitation* supports changes in lifestyle desired by recipients and their families.
- 7** *Everyday Rehabilitation* translates the specific goals of the recipient into practical action.
- 8** *Everyday Rehabilitation* takes place within a determined period of time with clearly defined objectives.
- 9** The basic idea behind *Everyday Rehabilitation* is to involve recipients, their relatives and professionals in a goal-directed, cooperative process.
- 10** *Everyday Rehabilitation* creates a clear picture of people's living conditions and outlines solutions to complicated sets of problems.

*Everyday Rehabilitation* creates added value  
- Both for the individual and society



The Danish Association of Occupational Therapists/Ergoterapeutforeningen is a professional organisation encompassing some 8,000 occupational therapists and students. Ergoterapeutforeningen promotes and protects the roles and working conditions of occupational therapists on the labour market, while strengthening their professional image, and their value for the individual citizen and society as a whole. Occupational therapists focus on human potentials rather than limitations, thus contributing to a society in which all citizens are included, active and involved in everyday life.

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