Learning Objectives

- Operationalize participation
- Review current evidence on enhancing participation among people with arthritis and rheumatological conditions
- Discuss future areas of research for the field

Participation: What is it?
International Classification of Function, Disability and Health, WHO 2001

Activity
- Execution of a task or an activity by an individual

Participation
- Involvement in life situations
ICF Activity and Participation…

- **Activity**
  - Execution of a task or an activity by an individual
    - Activity
    - Activity limitation

- **Participation**
  - Involvement in life situations
    - Participation
    - Participation restriction

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ICF Participation Domains

- Learning and applying knowledge
- General tasks and demands
- Communication
- Mobility
- Self-care
- Domestic life
- Interpersonal interactions and relationships
- Major life areas
- Community, social and civic life
Terms!

- Disability
  - “Restriction in social roles” (Nagi, 1966)
  - Umbrella term reflecting activity limitation and participation restriction (ICF, 2001)
- Activities of Daily Living/Instrumental Activities of Daily Living
  - Measures typically consist of activity and participation measures (mixed)
    - ADL might be more activity focused
    - IADL might be more participation focused
Disablement Models: Commonalities

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<tr>
<th>Body</th>
<th>Person</th>
<th>Society</th>
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<tr>
<td>ICF</td>
<td>Impairment</td>
<td>Activity limitation-Participation Restriction</td>
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<tr>
<td>Nagi</td>
<td>Pathology Impairment</td>
<td>Functional limitation</td>
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<tr>
<td>Quebec</td>
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<td>Disability</td>
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Involvement in Life Situations…
Why Participation Outcomes?

- Maintaining participation outcomes (social roles) important to people with rheumatic conditions
  - They [social roles] matter most

- Maintaining social roles linked to identity, well-being, and successful aging


Social Role Salience among Older Adults with Knee OA

Today’s Session: Employment Participation

- Work status (employed; not employed)
- Productivity

Today’s Session: Community, Recreational and Social Participation

- Engaging in social or community associations organized by people with common interests, such as social clubs, religious entities, professional associations
- Interpersonal relationships (intimate, family, others)
- Recreational and leisure activities
Paradox: Same impairments but different participation...why?

Mrs. Jones
- 60 years old
- RA for 20 years; good medication control
- She has chronic mild-moderate pain
- Ambulation ¼ mile
- Employed
- Participates 2-3 times/week in community activities

Mrs. Smith
- 60 years old
- RA 20 years; good medication control
- Chronic mild-moderate pain
- Ambulate ¼ mile
- Works part time
- Rarely leaves her home

ICF Contextual Factors

Adapted from WHO ICF Model, 2001
Next: Promoting Participation

- Employment participation
- Community, recreational and social participation
  - Older adults with arthritis
  - Older adults status-post knee replacement

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Thank you!