



# Occupational Adaptation in Practice: Concepts and Cases

By Janette Schkade PhD OTR FAOTA, Melissa McClung OTR

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Who says theory can't be fun, practical, and understandable? *Occupational Adaptation in Practice: Concepts and Cases* is a user-friendly text that clearly describes the theory of occupational adaptation.

This new text describes one approach to occupation-based, client-centered practice. The purpose of this guide is to make occupational adaptation easily understood and applied. This exceptional guide leads the reader through the flow and understanding of this theory. Practical examples help demonstrate how theory can be implemented in practice. It breaks the components of the theory into smaller, more manageable units. Included in the text are cases in which practitioners have used occupational adaptation in various practice settings.

## Features:

- Conversational style promotes reader understanding of the ideas in occupational adaptation.
- “Try It On” feature gives the reader an opportunity to apply the concepts to a personal everyday life situation.
- The guide provides the practitioner with suggestions about how to apply occupational adaptation to practice.

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### Editorial Review

#### Review

“The cases are great examples of the concepts being put into practice.”

— Debra Stewart, MSc, BSc. OT(C), *McMaster University Institute Applied Health Sciences, Ontario, Canada*

“A useful guide to understanding occupational adaptation and how it can be applied in practice.”

— Charles Christiansen, EdD., OTR, OT(C), FAOTA, *Dean and George T. Bryan Distinguished Professor The University of Texas Medical Branch at Galveston School of Allied Health Sciences, Galveston, Texas*

#### About the Author

*Janette Schkade, PhD, OTR, FAOTA*, after graduating with a PhD in psychology, practiced a psychologist in a state school for the mentally challenged, working with clients who had multiple physical as well as mental disabilities. It was in this environment that she learned about occupational therapy and what it could do for this population. She then obtained her education in occupational therapy from Texas Woman's University. She is a co-author of the Occupational Adaptation Theoretical Framework. She has presented at national and regional conferences on this framework, both as theory and as a vehicle to guide practice. She is the author or co-author of numerous publications regarding occupational adaption, both in scholarly journals and book chapters.

*Melissa McClung, OTR* has been practicing with the occupational adaption theoretical perspective for 10 years. She has had the opportunity to use the theory in practice with patients, in redesigning existing occupational therapy programs, and in student programs in clinic settings-most currently in classroom curriculum design/implementation as a faculty member at Texas Woman's University, Denton. She has presented her approach to occupational adaptation at national and regional conferences. Prior to becoming an occupational therapist, she practiced as a music therapist for 8 years.

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