

Life Balance, Resilience and Occupational Therapy

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The authors will discuss the rising public interest in the concept of life-balance and how it is connected to health and well-being. They will describe the evolution of the term, and its relevance to occupational therapy as a way of promoting health and resilience and thus preventing chronic illness and disability. The presenters will share their experience in organizing an interdisciplinary conference on the topic in 2007. They will then summarize the work they have done to create a model of life balance, including the second author's work in developing a measure, the Life Balance Inventory. The presentation will conclude with a summary of research that has been done in support of the measure and the model and a discussion of the implications of the model for occupational therapy practice in population health.