



# EMMA GEE

*INSPIRING CHANGE*

## OT CONFERENCE 2011 ABSTRACT

**Title:** Invited Session: *Client-Centredness from the Anablep Perspective*

**Background:** Emma Gee stroked at the age of 24, subsequent to the removal of an anterior venous malformation (AVM) in her brainstem. As an occupational therapist and stroke survivor, she relays her own experience of stroke recovery and the insights gained.

**Aim:** Emma highlights the perception of occupational therapy and its role in her recovery, identifying some of the barriers to client-centredness that she experienced. Further, she challenges the occupational therapy discipline to 'dive deep' and suggests alternative techniques to better facilitate client-centred care. In doing this she intends to inspire change within the profession, to both enhance its credibility and the effectiveness of rehabilitation intervention.

**Method** A qualitative reflection on Emma's narrative as both an occupational therapist and stroke survivor.

**Results:** Drawing on her unique perspective as a therapist and patient, Emma stresses the importance of adopting a client-centred and holistic approach in ensuring optimal recovery. Further, she reveals some of the barriers to client-centred care and identifies possible solutions.

**Conclusions:** Emma's swim to date is proof of the power of adopting a client-centred approach. However, it is evident that there are many barriers to implementing such care in occupational therapy practice. Future research should further investigate ways in which occupational therapists can better use and facilitate a client-centred approach to ensure that outcomes can be optimized.