

## **World Federation of Occupational Therapists Statement**

**6 – 9 October 2020 71st Session of the WHO Regional Office for the Western Pacific**

### **Statement on Ageing and Health:**

The World Federation of Occupational Therapists (WFOT) declares strong support for the *Regional Action Plan on Healthy Ageing in the Western Pacific*. The action plan will build upon the important work for the *2014-2019 Regional Framework for Action on Ageing and Health* to progress an agenda for promoting health and well being among older adults.

WFOT endorses the need for an integrated approach among Member States, WHO, other UN agencies and international partners such as non-state actors and civil societies to achieve the vision where healthy older adults can thrive and contribute to society. WFOT and its members serve as integral partners for the agenda toward this vision.

Occupational therapists promote health and well-being of older people by empowering and enabling participation in everyday occupations, thereby fostering functional ability across the life course. Using evidence-informed processes, occupational therapy addresses factors such as individual ability, design of the built environment, institutional policy and societal attitude to promote the rights and opportunities for older adults to engage in occupations of choice or need. Occupational therapists support the provision of assistive technologies and are experts in grading and adapting occupations to enable participation in everyday activities relating to self-care, productivity and leisure. To promote occupational participation, occupational therapists work collaboratively with key partners to influence social policy and infrastructure in relation to local contexts and population needs.

The vision for healthy ageing seeks to develop and maintain functional ability and well-being throughout the lifespan. Occupational therapists can offer expert knowledge and practical solutions through active participation in the continuing dialogue and action on this vital imperative.