Title: Using the Model of Human Occupation to Conceptualize an Occupational Therapy Program for Blind Persons in South Africa

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Major Finding: The model of human occupation was used to frame a program in South Africa aimed at empowering unemployed blind adults.

Participants:
- 38 blind adults from a center for the blind in South Africa
  - The beginning subgroup consisted of illiterate adults who never attended school
  - An intermediate group had limited school and were functionally illiterate since becoming blind
  - An advanced subgroup had not completed their schooling but were educated in Braille
  - All participants were unemployed and had experiences of discrimination and stigma due to their disability. Most lived in shacks in a settlement 37 miles from the center

Method: Observation and conversation with the participants were used as methods of gathering information about the outcomes of the program and its benefits to the participants.

Analysis: MOHO was used as a framework for structuring a program based on empowerment and of labeling the stages of volitional change through which the participants progressed in the program.

Findings:
- Participants demonstrated progress in the areas of Exploration, Competency, and Achievement in a MOHO-based occupational therapy program.
- 13 participants decided to complete their high school education after participating in the program.
- Other participants went on to educate other groups about blindness and support other blind people when possible.

Conclusion: Anecdotal evidence indicates that a MOHO-based occupational therapy program for blind adults aimed at empowering the clients to increase their control over their own lives and environments achieved many of its goals.

Implications for future research: Future research involving more structured outcome measures could be used to better validate the use of occupational therapy interventions aimed at empowerment of disenfranchised populations.

Evidence-based practice implications:
- MOHO can be used as a framework for interventions intended to empower clients and increase their self-respect and self-worth.
- Interventions that incorporate appropriate challenges but allow the participants to experience success can be used to increase volition.