



Occupational Therapy Practice Guidelines for Productive Aging for Community-Dwelling Older Adults (The AOTA Practice Guidelines Series)

Natalie Leland, Sharon J. Elliott, Kimberly Johnson

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By 2030, nearly 20% of the U.S. population will be ages 65 or older, and the fastest growing segment among them will be people ages 85 or older. Individuals in this oldest age group have the highest rates of health care utilization, morbidity, and disability.

To support productive aging and continued participation, older adults must remain engaged in their desired roles and routines, daily activities, and occupations. This Practice Guideline provides an overview of the occupational therapy process in productive aging, defining the domain and interventions that occur within acceptable practice. It provides evidence for interventions with IADLs, fall prevention and home modification, health management and maintenance, and occupational engagement and health outcomes.

This Practice Guideline will help occupational therapists and occupational therapy assistants, as well as the individuals who manage, reimburse, or set policy regarding occupational therapy services, understand the contribution of occupational therapy services to facilitate productive aging for community-dwelling older adults.

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