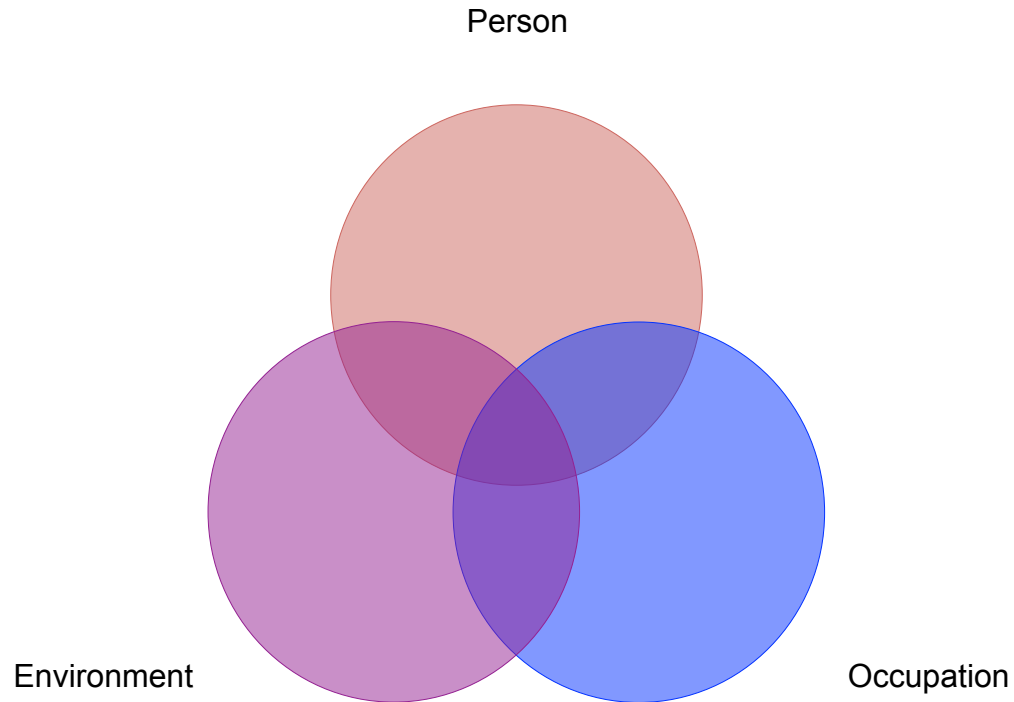


# The Five concepts of the PEO Model

- Person
- Environment
- Occupation
- Occupational performance
- Person-environment-occupation fit

# PEO Diagram



A transactional model

# PEO Model

## Assumptions:

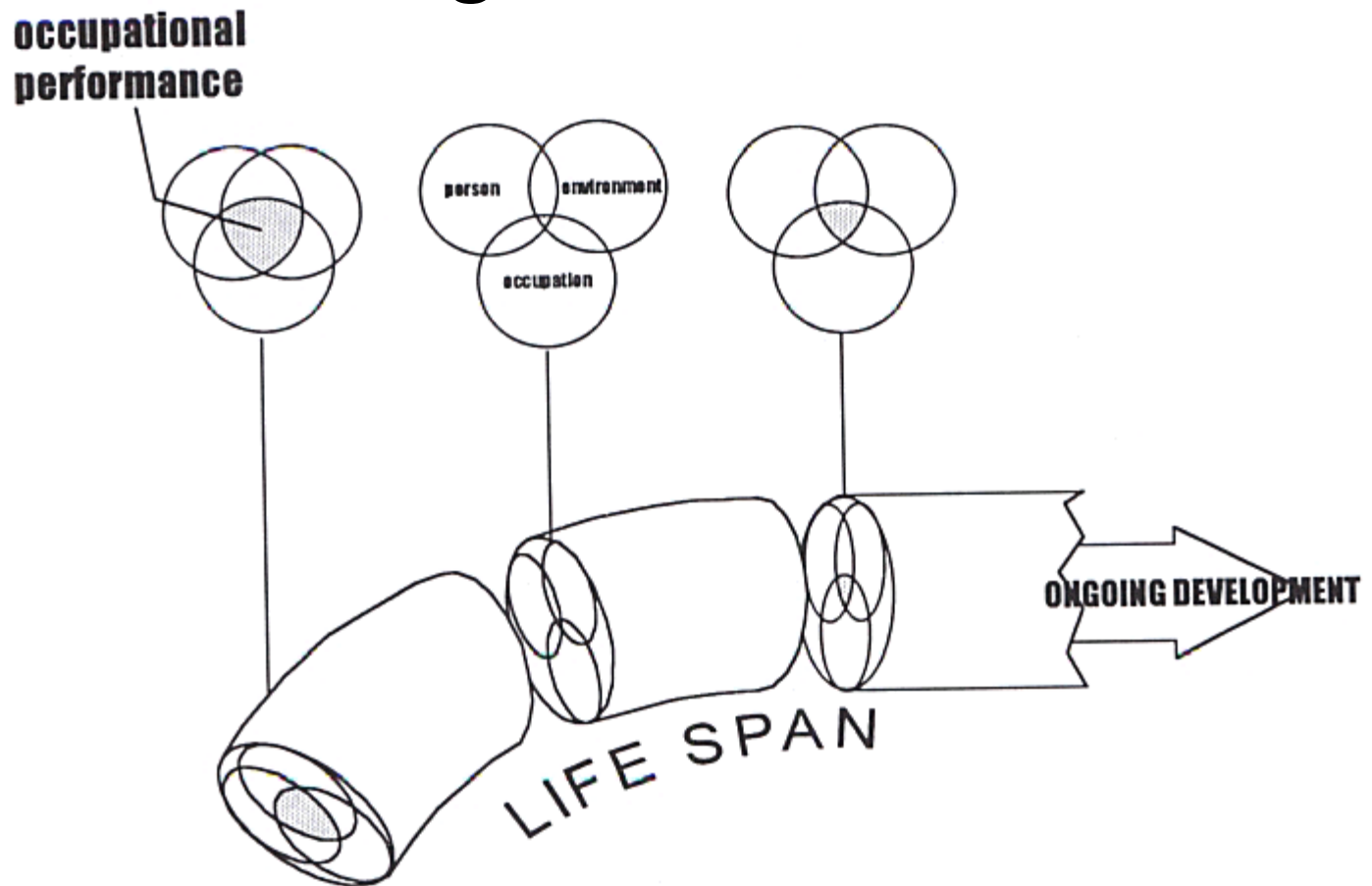
- The person is dynamic and always developing and interacting with the environment
- The environment changes and so does behaviour
- Environments can have **enabling or constraining** effects on occupational performance
- The environment is often easier to change than the person

# PEO Model

Assumptions continued:

- Occupations are complex
- The relationship between the PEO is transactional
- Occupational performance changes over life span

# Diagram Of PEO Model



Person-Environment-Occupation Model.

Crepeau, E.B., Cohn, E.S. & Boyt Schell, B.A. (2009). *Willard & Spackman's occupational therapy* (11th ed.). (p. 438). Philadelphia, USA: Wolters Kluwer/Lippincott, Williams & Wilkins.

# Person

- Unique being with a variety of roles
- Belief in the worth of all persons regardless of disability, age, developmental difficulty or social condition
- Approaches the person from an holistic point of view (meaningless to attend to parts of a person in isolation from other people and environment)
- Person is viewed holistically-mind, body and spirit
- **Performance components**
- The “person” can refer to an individual, group, organisation or community

# *Performance components*

- Motor
- Process
- Communication/Interaction

Ref: Hersch, G. L., Lamport, N. K., & Coffey, M. S. (2005). *Activity analysis: Application to occupation* (5<sup>th</sup> ed., p 160-165). Thorofare, .N.J.SLACK Inc.

# Environment

- **physical** – including natural and built surroundings
- **social** – including social groupings, common interests, attitudes
- **socioeconomic**-finances
- **cultural** – including ethnic, routine practices based on value systems
- **institutional/organizational** – including societal institutions including policies, decision- making processes, accessibility, legal funding arrangements



# Occupation

- activities, tasks and occupations that make up everyday life
- everything people do to occupy themselves, including
  - looking after themselves (self care)
  - enjoying life (leisure)
  - and contributing to the social and economic fabric of their communities (productivity)

# Occupational Performance

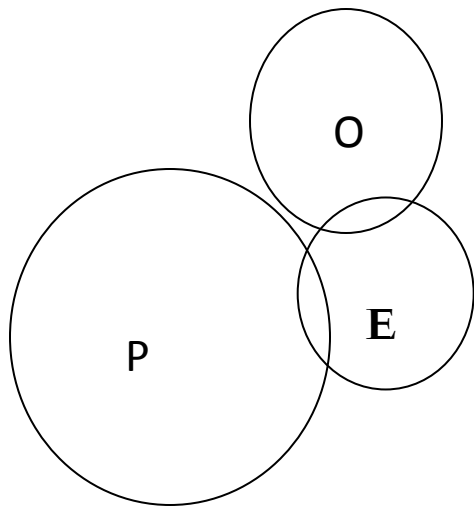
- “the doing of occupation”
- “the outcome of the transaction of the person, the environment and the occupation”
- “the ability to choose, organize, and satisfactorily perform meaningful occupations that are culturally defined and age appropriate for looking after one-self, enjoying life, and contributing to the emotional, social and economic fabric of the community”

# Occupational Performance

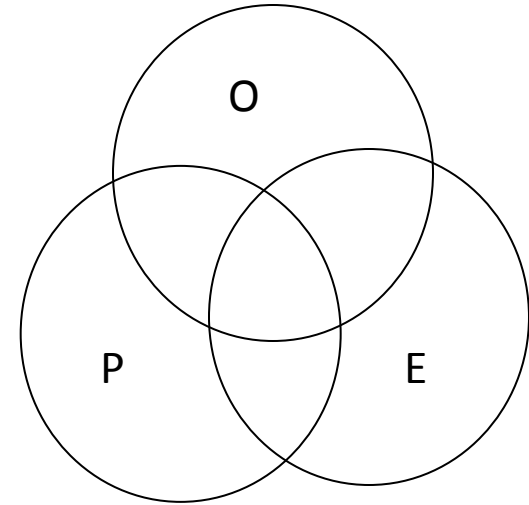
- Occupational Performance is influenced by the
  - person
  - unique environment in which one functions, and
  - occupations that consist of one's actions and tasks and ultimately create one's life roles.
- Occupational performance describes the actions that are meaningful to the individual as he self manages, cares for others, works, plays and participates fully in home and community life. It can be separated into two components:
  - occupations
  - performance.

# OCCUPATIONAL FIT

## Poor Fit

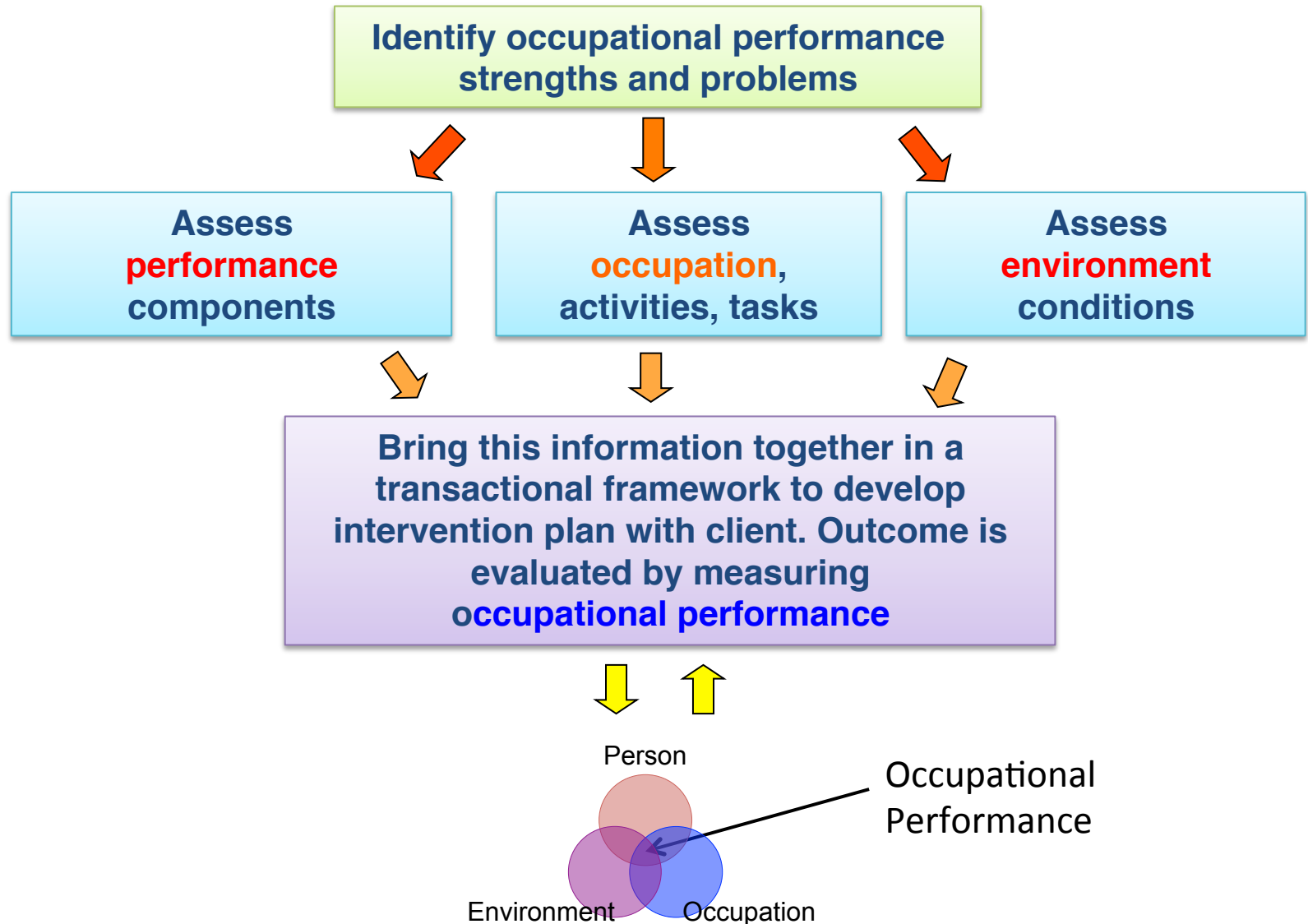


## Good Fit



The Goal of the Occupational  
Therapist

# The PEO Model's Application Framework



**ASSESS OCCUPATIONAL PERFORMANCE GOALS**  
What are the client's occupational performance goals?

Person

Environment

Occupation

What "person" factors (occupational performance) may be hindering the achievement of the occupational performance goals?

What "environment" factors may be hindering the achievement of the occupational performance goals?

What "occupation" factors may be hindering the achievement of the occupational performance goals?

Can these be changed?

Can these be changed?

Can these be changed?

**CHOOSE THE BEST INTERVENTION STRATEGY**  
A change in which factor(s) (person, environment and/or) is most likely to result in the client achieving their goals?