Schmidt, Rachael and Courtney, Michelle 2010, ... always another thing to get enthused about … : an occupational perspective on the experience of wellbeing through women’s craft groups., in OT Australia Victoria State Conference : Transitions and Transformations : Developing Through Change, [Australian Association of Occupational Therapists], [Melbourne, Vic.], pp. 1-1.

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### Abstract Submission

**Name(s) of author(s).**

Rachael Schmidt and Michelle Courtney

**Organisation (if applicable)**

Deakin University

**Address(es),**

Occupational Science and Therapy  
School of Health & Social Development  
Faculty of Health, Medicine, Nursing & Behavioural Sciences  
Waterfront Campus  
Geelong  
3216

**Ph/Mobile**

Rachael Schmidt: Moble 0409192916

**Fax**

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**Email address for correspondence**

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### Abstract Submission

#### TITLE of Presentation (Arial, font size 11, bold, title must not exceed 50 characters):
“... always another thing to get enthused about ...”:

#### SUBTITLE of Presentation (in bold)
An occupational perspective on the experience of wellbeing through women’s craft groups.

#### CONTENT 250 word max, Arial, font size 11, containing purpose of the presentation, nature and scope of the topic, issue or problem under consideration, outcome or conclusion reached, clear indication of direct application to occupational therapy, contribute to knowledge base of the profession, contain well developed ideas and be relevant to the theme of the conference. Please avoid reference to names or organisations to enable blind review.

**Background:** Informal domestic craft groups for older women in Australia are common though under recognized within communities and, in particular, within formal health and social services. The potential of these groups to enable healthy ageing, wellbeing as well as community connectivity, has not been explored by authors in the literature.

**Aim:** The study explored whether participating in informal domestic craft groups generates levels of social and emotional wellbeing that ameliorate the need for older women to access formal health and social services. The study investigated how an expanding and disenfranchised subgroup of the population creates opportunities for empowerment and inspiration. An occupational perspective will conceptualize how these craft groups facilitate wellbeing for older women.

**Methods**
Employing a qualitative methodology, five members from two informal, local groups were individually interviewed. The interviews explored the experience of participation in informal domestic craft groups and its relationship to health and wellbeing.

**Results**
Results will be discussed using a Doing, Being, Belonging and Becoming occupational model. ‘Doing’ involved intrinsic and extrinsic rewards derived from participating in both craft and a regular informal group. ‘Being’ involved the role of productive team member sharing and developing skills. ‘Belonging’ involved experiences of interdependence and mutual support. ‘Becoming’ involved contributing craft specific skills as well as collective wisdom and experience to meet current and future community needs.

**Conclusion**
Older women experienced wellbeing, belonging and community inclusion through their capacity to create and to contribute as an individual, as a group participant of their domestic craft group for their community.

#### RELEVANCE of practice area and topic to the conference themes (100 word max)
Participating in craft groups generates levels of social and emotional well being that ameliorate the need for older woman to access formal health and social services. The participants acknowledge the value their informal craft groups play in developing and exchanging their skills as crafters, while supporting
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Each other coincidentally as a group focused on the production of craft. The challenge for the occupational therapy profession is how to support these informal groups, to ensure their sustainability, while maintaining their social fabric that silently generates social and emotional wellbeing of individual members and of the group for future generations in the community.

PREFERRED FORMAT and Length of Workshop:
- Paper (20 minutes)
- Workshop (time negotiable) – Please indicate time required and maximum participant numbers
- Poster presentation (10 minutes)
- Poster (Display with author(s))

Paper 20 mins.

Please email as an attachment to education@otausvic.com.au placing the words “2010 Conference Abstract” in the subject line.
Due Date Friday 28 May 2010