

FROM: The New Zealand Association of Occupational Therapists (Inc)

Subject: ELECTION 2008 – IT IS ALL ABOUT TRUST

TRUST IS BUILT ON A HANDSHAKE!

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The occupation of standing for public office always involves the occupational activity of hand shaking – the higher the office the more handshaking! Election 2008 candidates have been given tips from occupational therapists for preventing pain, discomfort or injury associated with repeated handshakes.

'At the end of a long day on the campaign trail, candidates may find themselves in pain, with stiffness in their hands, arms, neck, and back and dreading that final crushing grip from enthusiastic well-wishers,' says President of the New Zealand Association of Occupational Therapists, Elizabeth Rowland. 'Party candidates have been advised to keep themselves in shape to go the distance.

Ms Rowland was commenting on a new pamphlet developed by occupational therapists called, "Shake and Smile". 'Correct positioning and placement of their arms and hands, exercises to increase hand strength and the importance of taking regular breaks is key. Pain in your hand, wrist, arm or shoulder is a sign that you need rest or to vary your activities. You may need to seek advice from an occupational therapist.'

Occupational therapists around New Zealand are celebrating Occupational Therapy Week 3-7 November, 2008. Ms Rowland said , "OCCUPATIONAL THERAPISTS – Focus on the everyday things we do is the key message. Occupation is not just about a job, but it includes any activities/skills that enable an individual to participate in a meaningful life. Wherever you are in your life cycle, whatever your mental health status or your physical ability, whatever your employment status, occupational therapy can help you to maximise your potential and enable you to participate in a range of meaningful occupations.'

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For a copy of the Shake and Smile pamphlet: <http://www.nzaot.com/index.php#shakeandsmile>

The New Zealand Association of Occupational Therapists: the professional association of occupational therapists in Aotearoa/new Zealand: Promoting excellence in knowledge, standards, support and representation.
See: www.nzaot.com