**HOT Evidence**

Adults With Chronic Conditions: Social Participation and Leisure

**Why This Matters**

- Living with a chronic condition often presents a **challenge in finding leisure activities** that bring fulfillment, meaning, enjoyment and a sense of purpose.

- Occupational therapy practitioners should implement interventions that focus on the **outcomes of participation in meaningful life roles** and **engagement in social and leisure participation** as primary outcomes.

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**Self-Management for Social Participation and Leisure**

Evidence-Based Interventions

**Motivational Interviewing and Coaching**

- Identify barriers to activity participation and select strategies to overcome barriers
- Problem-solving
- Set goals

**Service Delivery**

Person-centered and tailored modes of delivery (i.e. telehealth, computer-guided, individual, or group interventions)

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**Find the Evidence**

Visit www.aota.org to review this Critically Appraised Topic Paper from a *Self-Management Interventions for Social and Leisure Participation Among Adults with Chronic Conditions*