

## **The development of the 'Cancer Home-Life Intervention': An occupational therapy-based intervention program for people with advanced cancer living at home.**

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### **Background**

Occupational therapy-based interventions may support people with advanced cancer to life actively despite illness but there is no consensus on how to design such interventions.

### **Aim**

To describe the development and contents of an occupational therapy based program for people with advanced cancer living at home.

### **Material and methods**

The development was based on mixed-methods combining evidence synthesis, data from a cross-sectional study and experiences from an expert panel.

### **Results**

A program was designed to be individually tailored based on six components: 1) Initial interview of the participant regarding problems and needs in relation to prioritised activities in own home, 2) prioritisation of resources, energy and everyday activities, 3) grading of activities and teaching techniques, 4) adaptation of posture and seating, 5) assistive technology, and 6) modification of the physical home environment. The program was designed to be delivered with a combination of max. three home visits and follow-up phone calls.

### **Conclusion**

An occupational therapy intervention program for people with advanced cancer living at home was developed and the study generates transparency to improve interventions for this patient group.

### **Key words**

Intervention development, advanced cancer, home-life, activities of daily living, occupational therapy