

## Sew and Tell: A Descriptive Examination of the Occupation of Sewing for Adults

Camille Skubik-Peplaski, PhD, OTR/L, FAOTA<sup>1</sup>, Jose Gonzalez, OTS<sup>2</sup>, Susan Skees Hermes<sup>3</sup>, Amanda S. Hansford, COTA/L, OTS<sup>4</sup>

<sup>1</sup>Eastern Kentucky University, Lexington, KY, USA; <sup>2</sup>Eastern Kentucky University, Richmond, Kentucky, United States;

<sup>3</sup>Eastern Kentucky University, Richmond, KY, USA; <sup>4</sup>Adaptive Rehab, Richmond, Kentucky, United States

DOI: [10.5014/ajot.2024.78S2-PO322](https://doi.org/10.5014/ajot.2024.78S2-PO322)

Date presented: March 22, 24

Primary Author and Speaker: Camille Skubik-Peplaski, [camsku@icloud.com](mailto:camsku@icloud.com)

Sewing can promote meaningful occupational performance and is regarded as a valued occupation.

**PURPOSE:** This study was to determine if sewing was as an effective occupation-based intervention and to explore the meaning of sewing for individuals with a health condition.

**DESIGN:** This quantitative descriptive method used a pretest, post-test design with five individuals ages 23-82 years old.

**METHOD:** Participants attended six, one time per week, 90-minute, sewing sessions with each presenting with a disability that affected their ability to sew. Outcome measures were the Canadian Occupational Performance Measure (COPM) and documented participant comments.

**RESULTS:** When comparing pre- and post-test scores participants experienced overall improvements in occupational satisfaction and opportunities to express their occupational identity with three of the five participants demonstrating clinically relevant changes. Participants shared their perception of improved performance, quality of life, positive affect and well-being, and satisfaction in engagement of daily valued occupations. Overall, results indicated a valuable positive change for participants for valued socialization, creation of daily functional products, and acquisition of learning how to sew or returning to it.

**IMPACT STATEMENT:** This study indicates that sewing can be an effective occupation-based intervention for clients with conditions affecting hand dexterity, fine motor coordination, and cognitive deficits. This study provides value to the occupational therapy profession by contributing evidence to support the use of occupation-based interventions.

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