**Occupational Based Models and Occupational Disruption: This assignment is to be typed and submitted online**

* Select one (1) of the occupation based models presented in week 9. (MOHO, EHP, OA, PEO, KAWA). Apply the**main** constructs of this model to your own life.
* Next, review the definition of **occupational disruption:**

“The temporary disturbance to an individual’s usual pattern of [occupational performance (Links to an external site.)](https://www.oxfordreference.com/view/10.1093/acref/9780191773624.001.0001/acref-9780191773624-e-0384%22%20%5Ct%20%22_blank) and [occupational engagement (Links to an external site.)](https://www.oxfordreference.com/view/10.1093/acref/9780191773624.001.0001/acref-9780191773624-e-0370%22%20%5Ct%20%22_blank) with associated negative impacts on health and well-being. It can be caused by internal factors, such as temporary illness or injury, or external factors, such as a temporary change to living arrangements, short-term unemployment, social exclusion, or marginalization. Occupational disruption is a temporary experience that resolves once the causal factors have been remediated.”

* Consider how, if at all, your life may be in a state of occupational disruption under the current impact of the coronavirus COVID-19 pandemic. Identify how this impacts your life construct within your selected model.
	+ Current occupational disruption impacting my life:
		- Being layed off from work because of the coronavirus
		- Social distancing and self isolation inside the house
		- Stressing about personal health, money, bills, school, and the coronavirus
		- Friends in New York and relatives in the Philippines getting the virus
* Finally, discuss at least one (1) occupation based intervention that could focus on promotion, compensation, adaptation, or prevention as it relates to your identified area(s) of disruption.