

Capabilities Approach as a client-centered approach to occupational therapy

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Abstract

Background. Client-centered practice is highly valued in occupational therapy. Given its focus on the individual person and functional autonomy, Nussbaum's Capabilities Approach encompassing ten functional capabilities could provide a framework for its systematic implementation. **Purpose.** To explore the perceived relevance of Nussbaum's central human functional capabilities to occupational therapists' practices. **Methods.** Semi-structured interviews with 14 occupational therapists in British Columbia, Canada, were conducted and thematically analyzed. **Findings.** Results indicated that the central human functional capabilities provide a broad perspective, encompassing the range of settings of occupational therapy practice. Nussbaum's ten capabilities were viewed as being particularly aligned with the established tenets of client-centered practice. **Implications.** The Capabilities Approach has several compelling attributes for consideration among occupational therapists that warrant further exploration as a novel basis for systematically implementing client-centered care.