

Interview with Olivia

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Interview with Olivia

In this video we meet Olivia who is an 86 year old woman who lives alone in a house in a retirement village for people who are still quite independent. The village provides gardening and window cleaning services only and security checks around the grounds at night. Everything else Olivia has to do for herself. Olivia has lived here since 2001. She moved because the garden was too big for her to manage alone and because she was starting to feel anxious about her safety at night and wanted more security. She moved from living near the beach to living closer to the town centre, about 4 kms away, so she has stayed in the same area. Olivia lives in New Zealand in a town in the North Island called Paraparaumu, which is about 50 kms north of the capital, Wellington. She originally comes from Dunedin in the South Island. As we will hear in the video, her identity as a southerner is still very important to her. Olivia has been living alone since 1995 when her second husband died. She has two daughters and one son, two grandsons and a great granddaughter. Her son lives in Australia and visits once or twice a year. One of her daughters lives 400 kms from her and the other in Wellington. The daughter in Wellington visits every two weeks and takes her to do the heavy shopping and anywhere else she wants to go. Olivia doesn't drive and uses the bus to go out, or walks. She keeps very good health and is very rarely sick. She shows no signs of dementia - her memory is good, she is very well organised at home and keeps herself busy with a range of activities. Olivia is a little unusual for her age in that she is still working and has no intention of retiring. Much of this video will explore the role and meaning of work in her life and how it contributes to her health and well being. In this video, Olivia is being interviewed by Trisha, an occupational therapist. Some of the things that Olivia talks about and refers to are very local so a brief explanation will be included.

- 1. Returning to work
- 2. Working life

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Returning to work: 3.31

starttimemin=01&starttimesek=40&endtimemin=05&endtimesek=12

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Returning to work

Olivia talks about returning to work. She has always worked and retired in 1986 from Kodak (the photography company). She discusses this later in the video. After a couple of years she decided that she wanted "a little job". Cooking and baking have always been strong interests which she enjoys (she also discusses this later in the video) and so she found a job making sandwiches in a local cafe. Twenty one years later she is still doing the same job in the same cafe, although the location of the cafe has moved and the owners have changed several times.

Olivia works 3 days a week one week and 4 days the next. She starts early, around 6.45 in the morning and finishes between 10 and 11. She gets up around 5.30 and mostly walks to work, a 15 minute walk along a main road. She is aware of safety factors and now does not walk on Saturdays and Sundays when it is dark and when there are few people and cars on the road. On those days she takes a taxi. On week days and in the summer she feels quite safe because there are cars and people walking or jogging. Her family worry a bit about her walking in the early morning but she insists she can decide for herself whether it is safe or not.

- Discuss the possible reasons that Olivia keeps working (she is financially secure so it is not about money).
- Discuss the implications of continuing to work for her physical and mental health.
- How would your culture view a woman of Olivia's age working? Would it be acceptable? If not, for what reasons?
- Discuss her decision to continue walking to work in spite of her family's concerns. Should her family accept this decision? In what circumstances would it be reasonable for the family to intervene?

Spiller av Olivia 1: 431 kbit/sekund 00:02

[Insert subtitles]
[Insert a picture, video or audio for this page]

[Edit]

CONTENTS

To student view

1.

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Working life 2.04

wmv&starttimemin=08&starttimesek=17&endtimemin=10&endtimesek=22

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Working life

er role as a **worker** is very important to Olivia. Olivia talks about her working life at Kodak and how she moved from working with mounting slides, to quality control to customer relations. All of these jobs require a high level of attention to detail, precision and getting things exactly right, which are characteristics of her personality. She also takes a lot of pride in what she does. We can hear this when she talks about customers, like the ski instructor who would only deal with her and no-one else. She enjoyed meeting interesting people and mentions Sir Edmund Hillary a famous New Zealander who was the first person to climb Mt Everest. She also mentions the Erebus disaster when a NZ passenger plane crashed in Antarctica. She is somewhat regretful that she did not get her gold watch - something that is presented to people after 25 years of work in the same company. Unfortunately the company closed up its operations after she had worked for 23 years.

- Discuss the importance of matching jobs with people's skills and personality characteristics. What happens when there is a mismatch?
- Olivia says that she "enjoyed my days at Kodak". Discuss what is necessary for people to enjoy their work. Consider the person, environment and occupation.

[Insert subtitles] [Edit]

[Insert a picture, video or audio for this page]

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To student view

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A valued occupation^{3.12}

wmv&starttimemin=00&starttimesek=00&endtimemin=03&endtimesek=13

The screenshot shows a web browser window displaying the ERGONET website. The browser's address bar shows "Via Academia - focusing on the contents - Internet Explorer provided by UIT Norges arktiske universitet". The website header includes the ERGONET logo, a navigation menu with "LECTURES / ANALYSIS / KNOWLEDGEBASE / TERM BANK / MEDIA BANK / STUDENT ACTIVITIE", and user information "Logged in: Rita Jentoft" with a "Log out" link. The main content area features a video player on the left and text on the right. The video player shows two women sitting in a room, with a progress bar at the bottom indicating "Spiller av Olivia2: 431 kbit/sekund" and "00:00". Below the video player are two red placeholder boxes: "[Insert subtitles]" and "[Insert a picture, video or audio for this page]". The text on the right is titled "A valued occupation" and contains two paragraphs of text. The first paragraph discusses Olivia's love for baking and her fussy nature. The second paragraph discusses her work for the SPCA and her fondness for dogs. Below the text are two bullet points: "• Identify the factors that contribute to Olivia's perception of herself as not being one of the 'oldies'" and "• Discuss the occupational factors". At the bottom of the page, there are navigation links: "< forrige", "CONTENTS", and "next >". A red link "To student view" is also visible.

Olivia talks about baking which is a favourite occupation and one which she spends a lot of time doing. In spite of working with food at work she is still happy to spend time at home making cakes and biscuits. Prior to starting the video, Olivia had prepared morning tea and had baked three kinds of cakes. One of these, miracle cakes, is very fiddly and needs a lot of attention to detail and patience so that they look good as well as taste good. Food preparation is obviously an occupation with a lot of **meaning** for her. She uses the same skills at home as she uses at work. She is very fussy and is not happy with the stove she is using which is not as good as her old stove. She would have liked to have bought her old stove with her and would have done so if "there had been a man around". For some reason she did not feel able to organise this herself - perhaps it is related to her generation that has some beliefs about what men do and what women do.

Olivia talks about baking to raise money for the SPCA - the society for the protection of animals. This is another of her interests and in another part of the video she talks about the dogs she had in the past. These days she has a cat as she does not have the time or energy to walk a dog after going to work. She was very fond of her dogs and so this tells us something about how important her work is to her. She has had to make a choice and has chosen to work.

Something Olivia says gives us some clues about how she perceives herself. She talks about the "oldies" and is clearly not including herself in this category. She returns to this in another part of the video.

- Identify the factors that contribute to Olivia's perception of herself as not being one of the "oldies"

- Discuss the occupational factors
- What implications does this have for occupational therapists working with older people?
- What implications does this have for our society and the expectations we have of older people?
- How do social policy and laws regarding employment and engagement in certain occupations shape perceptions of older adults as "oldies"?

Valued and non-valued occupations 3.31

wmv&starttimemin=03&starttimesek=37&endtimemin=07&endtimesek=09

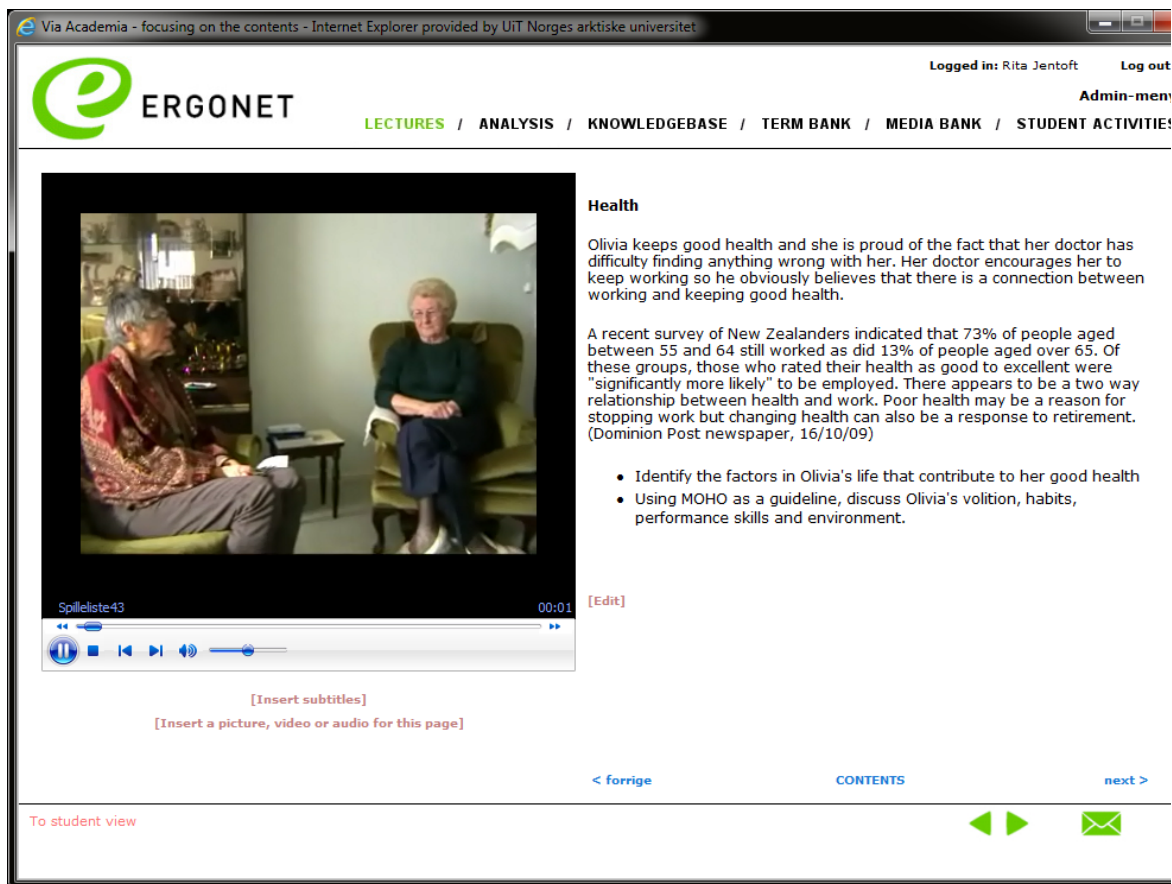
The screenshot shows a web browser window displaying the ERGONET website. The page title is "Valued and non-valued occupations". On the left, there is a video player showing two elderly women sitting on chairs in a kitchen. The video player has a progress bar at 00:01 and a volume icon. Below the video player, there are two red text prompts: "[Insert subtitles]" and "[Insert a picture, video or audio for this page]". To the right of the video player, there is a text block titled "Valued and non-valued occupations" which describes Olivia's preferences for occupations. Below this text block, there is a bullet point: "• Discuss the factors that determine whether an occupation is valued or not valued." At the bottom of the page, there are navigation links: "< forrige", "CONTENTS", and "next >". There is also a "To student view" link and a green envelope icon.

Olivia has very clear ideas about which occupations she values and which she doesn't. She enjoys occupations that involve food and in this clip describes chocolate making and cake decorating. Both require attention to detail and patience and the ability to sustain attention and interest over time as they take some time to complete. They all have an end product that can be shared with others and given as gifts - she gives the example of the chocolate box. On the other hand she did not enjoy playing indoor bowls. She gives some reasons for this and we get the strong impression that whatever she does she likes to do well and indoor bowls was not her strong point. She doesn't have a strong interest in playing sport. In the beginning she talks about getting on with her work in the kitchen in the morning before the others get there so it seems that she likes to work away on her own so is not much interested in being in a team.

- Discuss the factors that determine whether an occupation is valued or not valued.

Health 1.07

wmv&starttimemin=10&starttimesek=03&endtimemin=11&endtimesek=11



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Olivia keeps good health and she is proud of the fact that her doctor has difficulty finding anything wrong with her. Her doctor encourages her to keep working so he obviously believes that there is a connection between working and keeping good health.

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- Identify the factors in Olivia's life that contribute to her good health
- Using MOHO as a guideline, discuss Olivia's volition, habits, performance skills and environment.

Having a good relationship with the doctor 3.06

wmv&starttimemin=11&starttimesek=10&endtimemin=14&endtimesek=16

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Spiller av Olivia2: 431 kbit/sekund

[Insert subtitles]

[Insert a picture, video or audio for this page]

Having a good relationship with the doctor

Olivia talks about her previous doctor who died but with whom she had a good relationship. She identifies a number of things that he did that made him in her eyes a good doctor. It is interesting that none of these are comments on his professional expertise but all are about how he treated his patients:

- He greeted them when he saw them in the street
- He took time to get to know them
- He was chatty
- He knew about his patients interests and lifestyle - for example he knew that Olivia grew roses - and started his consultation by asking after this
- He visited to see how she was coping after her husband died

Discuss the implications of this for occupational therapists and how they relate to clients.

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To student view ▶▶

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Being a good employee 3.27

wmv&starttimemin=14&starttimesek=17&endtimemin=17&endtimesek=45

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Being a good employee



Olivia has had no days off sick in the 21 years she has worked in her present job. Although this is an indication that she keeps good health, it also says something about her work ethic and the **value** and **meaning** she attaches to work. She sees herself as "reliable" and compares herself to the "youngies" who take days off when they have had a late night. She does not have much patience with this. She also compares herself in relation to the effort put into the job. When she makes the sandwiches she makes sure that the "old favourites" are there but also tries to make something new each day, whereas the other young sandwich maker does the same things all the time. She also tries to be considerate of the "oldies" and always puts things in the same place so that they can easily find them.

- Apart from health reasons, what other factors contribute to employees taking sick leave or not taking sick leave?
- If you were an occupational therapist working as a consultant to an employer concerned about the amount of sick leave taken by employees who are not sick, what would you advise?
- Are there generation differences in attitude to work? If so, what factors contribute to this?
- In what ways does Olivia challenge the stereotype of the elderly woman living alone?

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To student view

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