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**University  
Rehabilitation Institute**  
Republic of Slovenia

# Can Occupational Therapy Help You Live Longer?

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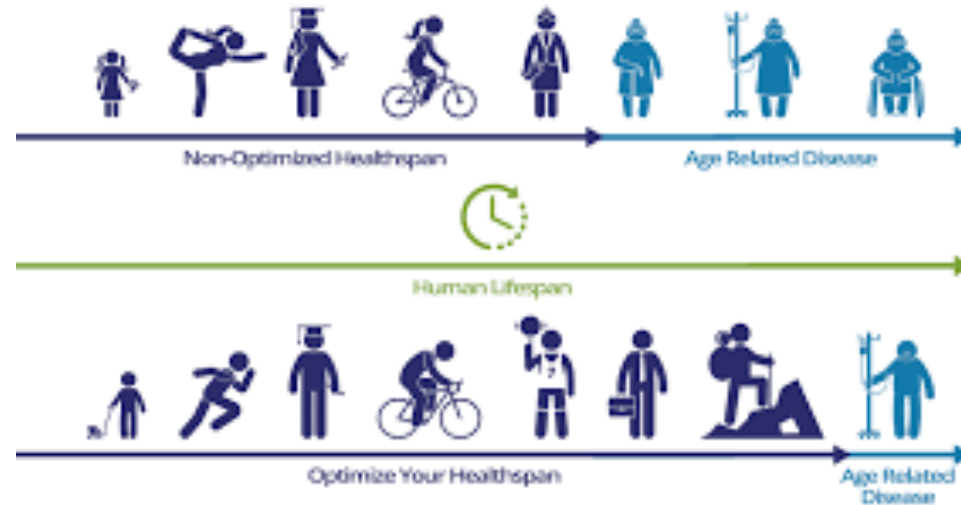
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# Why longevity matters

- Longevity  $\neq$  living longer
- Longevity = living longer **in good health**
- From “immortality” myths to **health span**



Loff Studios





# What did I do?

> [Am J Occup Ther.](#) 2026 Jan 1;80(1):8001205050. doi: 10.5014/ajot.2025.051301.

## **Effectiveness of Occupational Therapy Interventions in Health Promotion and Primary Prevention for Adults: A Systematic Review**

[Tibor Kafel](#)<sup>1</sup>, [Lea Šuc](#)<sup>2</sup>, [Brigita Skela-Savič](#)<sup>3</sup>, [Marko Vidovič](#)<sup>4</sup>

Affiliations + expand

PMID: 41335027 DOI: [10.5014/ajot.2025.051301](#)

# Key findings

- Research focuses mainly on older adults
- **Non-elderly adults underrepresented**
- **Leisure & lifestyle largely overlooked**
- OT contribution often implicit, not explicit

# Conclusion

- OT has strong potential for extending health span
- Current evidence is **narrow and fragmented**
- Need for theory-driven approaches

## **Next step (PhD):**

- Middle range theory development
- Focus on everyday occupation & leisure
- Health-promoting lifestyles across adulthood