

GLOSSARY

Adjustment: The behavioural process of humans of maintaining an equilibrium among or between their needs and the obstacles of their environment in fulfilling these needs followed by a sequence of adjustments from when the need is felt up to the point when the need is satisfied.

Conscientiousness: The personality trait of the psychologically disabled individual or any individual of being careful or vigilant making the individual efficient and organized as opposed to easy-going and disorderly; displaying planned rather than spontaneous behaviour.

Emotional Disorder: Difficulty in expressing emotion, which is a spontaneous mental state comprising feelings of joy, sorrow or anger experienced by individuals under certain circumstances.

Neuroticism: A long term tendency of an individual to be in a negative emotional state, exhibiting depressed moods – they also suffer from feelings of guilt, envy, anger and anxiety at a rate that is more frequent and severe than other individuals. It is a state of being neurotic.

Occupational Therapists: The occupational performance of an individual has a direct bearing on his or her psychological well-being; the occupational therapist works with a client or the individual to help him or her achieve functional outcomes which promote the health, prevent injury or disability and which develop, improve, sustain or restore the highest possible level of independence.

Pharmacological: The branch of medicine concerned with the uses, effects and modes of action of drugs.

Psychological Disability: Psychological Disability covers a wide range of conditions which may include: depression, bipolar disorder, generalized anxiety & panic disorder, obsessive compulsive disorder (OCD), post-traumatic stress disorder (PTSD), Schizophrenia and eating disorders (anorexia or bulimia) which may be chemical, biological or chemical in nature, and can be cured or controlled with appropriate treatment.

Psychological Rehabilitation: Psychological Rehabilitation or Psychosocial rehabilitation or Psych rehab is the process of restoration of community functioning and well-being of an individual diagnosed in mental health or mental or emotional disorder.

Recovery: The return of an injured part or a disabled person to a normal state of health, mind or strength; it is the action or process of regaining possession or

control of a body part or the body as a whole that was previously disabled or lost its functioning.

Vocational Rehabilitation: Vocational rehabilitation is a process which enables an individual or a person with functional, psychological, developmental, cognitive and emotional impairments or health disabilities to overcome barriers to accessing, maintaining or returning to employment or other useful occupation.