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Female Veterans: Satisfying Patterns of Daily Activities as Defined by the Life Balance Model

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Model

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Abstract: This phenomenological case study explored the occupational needs and life satisfaction of one female veteran upon reintegration into civilian life. One female veteran, with 23 years of military service, participated in a semi-structured telephone interview. Results demonstrated that military service negatively impacted the participant's social interactions, physical and mental wellbeing, and ability to cope with stressors, indicating military service posed difficulties for the participant to engage in meaningful occupations upon reintegration. Recommendations included development of occupation-based interventions using the Person Environment and Occupation framework, and further research to identify appropriate services to facilitate successful reintegration into society for female veterans.