

What Is Occupational Therapy?

Occupational therapy (OT) helps people do the things they want and need to do every day. It helps people of all ages, from babies to seniors, with disabilities, injuries, conditions, or illnesses live more independently and enjoy their lives more fully.

WHY CHOOSE OT?



What Are Occupations?

Occupations are the things you do from the moment you wake up until you go to sleep. Think of them as anything that “occupies” your time during the day—taking care of yourself or loved ones, working, going to school, hobbies—**anything you do to live your life.**



How Do Occupational Therapy Practitioners (OTPs) Help People?

• PHYSICAL GOALS

OTPs assist people with physical disabilities, injuries, illnesses, or cognitive conditions and help them learn or adapt to do things.



• INTELLECTUAL GOALS

OTPs help people with developmental differences—such as memory problems, ADHD, or dementia—develop customized skills, interests, and goals.



• SOCIAL-EMOTIONAL GOALS

OTPs support individuals with social-emotional challenges like anxiety, depression, PTSD, or other mental health conditions, by fostering coping skills, self-awareness, regulation, and building relationships.





Where Do Occupational Therapy Practitioners Work?

They work in a variety of settings—including hospitals, schools, clinics, skilled nursing facilities, community centers, health care facilities, and they can even come to your home.

Who Are Occupational Therapy Practitioners?

Occupational Therapist (OT)

OTs are responsible for assessing a person's conditions and needs and creating a treatment plan that will help them reach their goals.

Occupational Therapy Assistant (OTA)

OTAs work closely with OTs to develop treatment plans and play a pivotal role in implementing therapy sessions.



Being able to participate in meaningful activities contributes to health, identity, and wellbeing!



Want to learn more about Occupational Therapy?
Interested in OT as a career?

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