

WHAT IS OCCUPATIONAL THERAPY?

EDUCATIONAL HANDOUT

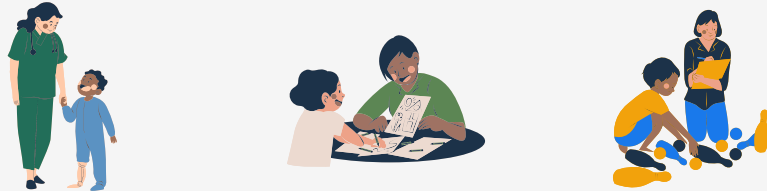
What is occupational therapy?

Occupational therapy, also known as OT, helps people of all ages to succeed in their daily occupations, which are meaningful daily activities. Everyone has occupations! For instance, a child's occupations are to grow, learn, and play.



Who are OT practitioners?

OT practitioners are either occupational therapists or OT assistants. They strive to help a child be independent in their daily lives and increase family self-confidence in helping their child.

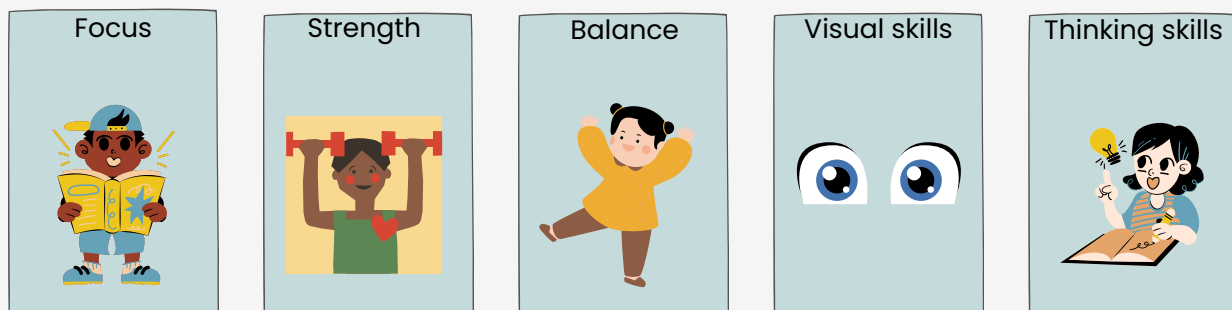


What do OT help with?

OT helps a child with their emotional, social, and physical needs by using everyday tasks and therapeutic strategies to help them engage in daily occupations, such as:



OT practitioners look at why a child has a hard time completing their occupations, such as their:



How does OT help the child to be more successful?

OT practitioners work with the family to create a plan to help the child improve their participation in daily activities. The plan is based on what the child wants and needs to do, current skills, and the setting. The plan may involve:

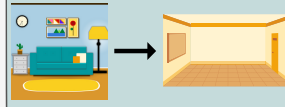
Help the child to develop skills



Change materials the child is unable to use



Make changes to the surroundings



Provide recommendations for tools



Where do OT practitioners work?

They work in many settings, like:

Schools



Outpatient clinics



Hospitals



Homes



How can you find an OT practitioner?

Consult your child's pediatrician



Talk to your child's teacher for concerns about their academic needs



Contact nearby rehabilitation centers



For more information about occupational therapy, you may also refer to www.aota.org.

References

- American Occupational Therapy Association. (2014). Occupational therapy practice framework: Domain & process (3rd ed.). *American Journal of Occupational Therapy*, 68(Suppl. 1), S1-S48. <http://dx.doi.org/10.5014/ajot.2014.682006>
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- Novak, I., & Honan, I. (2019). Effectiveness of paediatric occupational therapy for children with disabilities: A systematic review. *Australian Occupational Therapy Journal*, 66(3), 258-273. <https://doi.org/10.1111/1440-1630.12573>