

# 40 REASONS CALIFORNIANS CAN BE THANKFUL FOR OCCUPATIONAL THERAPY

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## Because...

1. **Occupational Therapy** makes doing possible.
2. **Occupational Therapy** uses technology solutions to help those with disabilities access their environment.
3. **Occupational Therapy** works with the whole person, not just the diagnosis.
4. **Occupational Therapy** provides added value to life.
5. **Occupational Therapy** promotes engagement in meaningful activity.
6. **Occupational Therapy** saves California taxpayers money by keeping people in their communities and out of institutions.
7. **Occupational Therapy** advocates for wellness and prevention.
8. **Occupational Therapy** helps children learn self-regulation skills for success in school.
9. **Occupational Therapy** minimizes limitations and promotes independence.
10. **Occupational Therapy** makes rehabilitation a reality.
11. **Occupational Therapy** gives people control back in their lives.
12. **Occupational Therapy** provides all children the opportunity to reach their full potential.
13. **Occupational Therapy** focuses on remediating or adapting for challenges brought on by aging to allow people to live independently longer.
14. **Occupational Therapy** allows individuals who have brain injuries to resume participation in meaningful activities including the 29,394 Californians impacted by brain injuries each year.
15. **Occupational Therapy** is about participation in activities which are loved and considered essential to overall well-being.
16. **Occupational Therapy** makes it possible for seniors to 'age in place' in their own homes.
17. **Occupational Therapy** works with individuals with mental illness to overcome disruptions in daily living and facilitate independence in daily activities and community participation.

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### VISION STATEMENT:

A world where all people participate in meaningful occupations to optimize their life experience.

### MISSION STATEMENT:

OTAC is the collective voice that serves, promotes, and supports the profession of occupational therapy and its practitioners.



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18. **Occupational Therapy** works with premature infants to allow them to reach their full developmental potential.
19. **Occupational Therapy** is a master at adaptation and facilitates independence for individuals with spinal cord injuries in their daily living skills and community participation.
20. **Occupational Therapy** works with children with autism to facilitate participation and independence into their adult lives.
21. **Occupational Therapy** is found in the schools where we help students become successful in their roles as students and participate in establishing plans for success in education.
22. **Occupational Therapy** removes physical and psychological barriers.
23. **Occupational Therapy** benefits people who serve in the military with post-traumatic stress disorder and/or sustain injury in combat.
24. **Occupational Therapy** provides client-centered therapy.
25. **Occupational Therapy** provides ergonomic assessments in the workplace.
26. **Occupational Therapy** puts Californians back to work.
27. **Occupational Therapy** provides meaningful ways to recover in the home.
28. **Occupational Therapy** helps people with stroke return to daily activities that are most important to them.
29. **Occupational Therapy** was identified by the American Medical Association as the primary provider for driving assessments and driver training.
30. **Occupational Therapy** is focused on the occupations of living, including restoring independence with self-care such as dressing and bathing.
31. **Occupational Therapy** professionals know people of all ages thrive when they participate in activities that are important to them.
32. **Occupational Therapy** helps build self-esteem and coping skills for people of all ages and abilities.
33. **Occupational Therapy** modifies home environments for universal design to promote successful independent living.
34. **Occupational Therapy** facilitates independent living for individuals with low vision.
35. **Occupational Therapy** emphasizes balance in work, play and rest among people of all ages for a healthy lifestyle.
36. **Occupational Therapy** is built on evidence supporting the use of meaningful activity to increase functional independence and improve health.
37. **Occupational Therapy** provides needed assistance and resources to caregivers.
38. **Occupational Therapy** enables clients to be productive citizens of their communities regardless of physical or mental challenges.
39. **Occupational Therapy** has more than 16,000 licensed occupational therapists and occupational therapy assistants in California providing skilled services to Californians.
40. *Occupational Therapy helps people participate in meaningful occupations to optimize their life experience.*

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