

OCCUPATIONAL THERAPY BENEFITS

FACT SHEET



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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OT Services: How Occupational Therapy Benefits You

Occupational therapy professionals provide rehabilitative and habilitative services in most health care settings including the home. They treat a wide variety of conditions and diagnosis for all ages. Many studies identify OT as a cost-effective solution for changing health system needs.

Services typically include:

- Customized treatment programs to improve one's ability to perform daily activities (occupation*)
- Comprehensive home and job site evaluations with adaptation recommendations
- Performance skills assessments and treatment
- Adaptive equipment recommendations and usage training
- Guidance to family members and caregivers.

Some of the health conditions that benefit from occupational therapy:

- Work-related injuries including lower back problems or repetitive stress injuries
- Limitations following a stroke or heart attack
- Arthritis, multiple sclerosis, or other serious chronic conditions
- Birth injuries, learning problems, or developmental disabilities
- Mental health or behavioral problems including Alzheimer's, schizophrenia, and post-traumatic stress
- Problems with substance use or eating disorders
- Burns, spinal cord injuries, or amputations
- Broken bones or other injuries from falls, sports injuries, or accidents
- Vision or cognitive problems that threaten the ability to drive.

***Definition** — *Webster's Collegiate Dictionary, 2003*: Occupational therapy is therapy based on performing the meaningful activities of daily life (self-care skills, education, work, or social interaction), especially to enable or enhance participation in such activities