

# 16 REASONS SENIORS CAN BE THANKFUL FOR OCCUPATIONAL THERAPY

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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.



P.O. Box 276567  
Sacramento, CA 95827

Phone: 916/567-7000  
Fax: 916/567-7001

E-mail: [info@otaonline.org](mailto:info@otaonline.org)  
Web site: [www.otaonline.org](http://www.otaonline.org)

1. Occupational Therapy was identified by the American Medical Association as the primary provider for driving assessments and driver training.
2. Occupational Therapy facilitates independent living for individuals with low vision.
3. Occupational Therapy focuses on remediating or adapting for challenges brought on by aging to allow people to live independently longer.
4. Occupational Therapy modifies home environments for universal design to promote successful independent living.
5. Occupational Therapy is focused on the occupation of daily living, including restoring independence with self-care such as dressing and bathing.
6. Occupational Therapy provides meaningful ways to recover in the home.
7. Occupational Therapy works with the whole person, not just the diagnosis.
8. Occupational Therapy keeps people in their communities and out of institutions.
9. Occupational Therapy minimizes limitations and promotes independence.
10. Occupational Therapy gives people control back in their lives .
11. Occupational therapy is about participation in activities which are loved and considered essential to overall well-being.
12. Occupational Therapy removes physical and psychological barriers.
13. Occupational Therapy helps build self-esteem and coping skills.
14. Occupational Therapy is built on evidence supporting the use of
15. \meaningful activity to increase functional independence and improve health.
16. Occupational Therapy has 14,700 licensed occupational therapists and occupational therapy assistants in California providing skilled services to Californians.
17. *Occupational Therapy helps people live life to the fullest.*

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