

ABCs of Occupational Therapy



A

is for ADL
(Activities of Daily Living)



Everyday SELF-CARE
tasks



B is for Beliefs



Something or an opinion we
accept to be true



C is for Client-Centered



Provide interventions that focus on activities that are meaningful to the client.

D is for Diversity



Celebrate different
perspectives of
ALL humans

E is for Environment



The different spaces
around us we live in
and interact daily



F

is for Functional



The way someone performs different tasks or activities.

G

is for Groups



Individuals who
have a unifying
relationship.

H

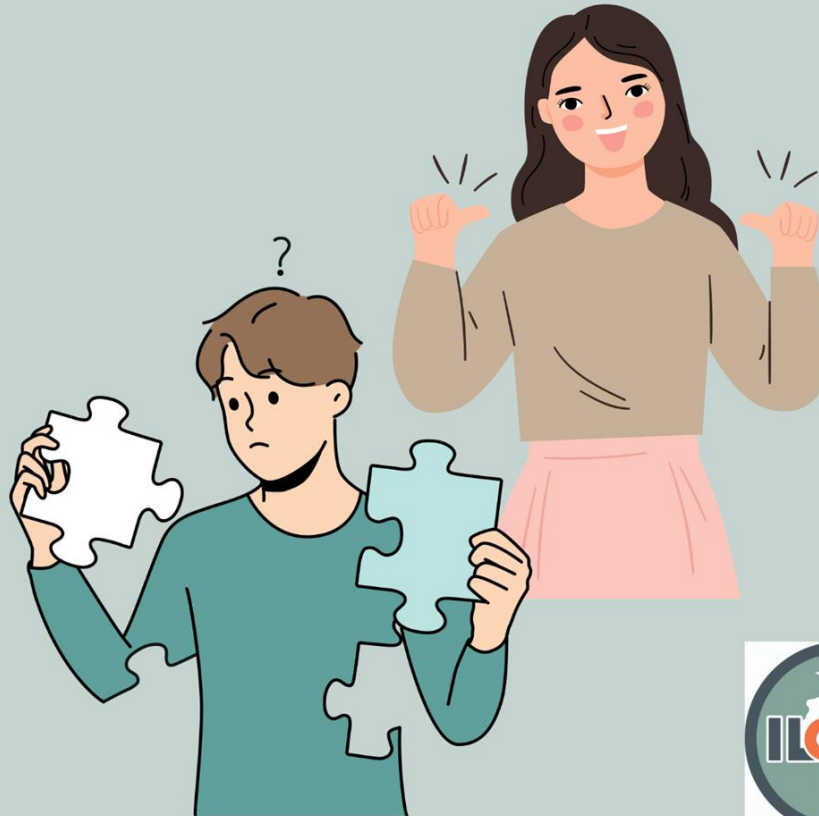
is for Holistic

looking at the whole person including physical body, mind, social environment, and spirituality.



I is for Identity

discovering a sense of who one is or would like to become



J is for **Justice**

access to and participation of
meaningful activities for all



K

is for Knowledge



ability to seek information to
best support clients needs.



L is for Leisure



participating in a
meaningful activity
alone or with others.



M is for Mental Health

make space in communities to support one's emotional, psychological, and social well being



N is for Neurorehabilitation



Neurorehabilitation is designed to help treat patients with neurological diseases.

O is for Occupations



Occupations are everyday activities that people do that bring meaning and purpose to their life.

P is for Participation



Sharing an activity, experience or decision with others



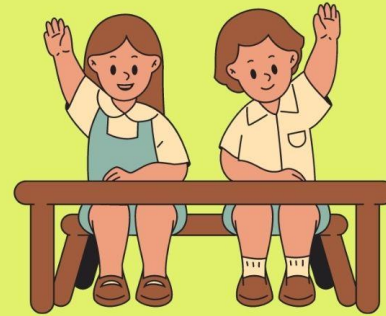
Q is for Quality of Life



Health and
happiness



R is for Roles



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position in a  
family/group; an  
identity



# S

is for Social Interaction

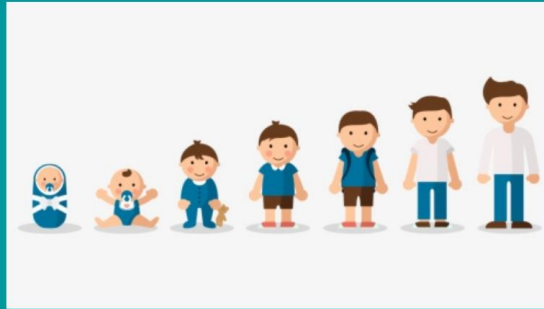


Using verbal and non speaking skills to interact with others

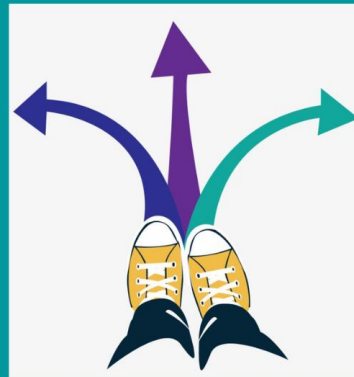


# T

is for Transitions



The process of change or beginning something new



# U is for Universal Design

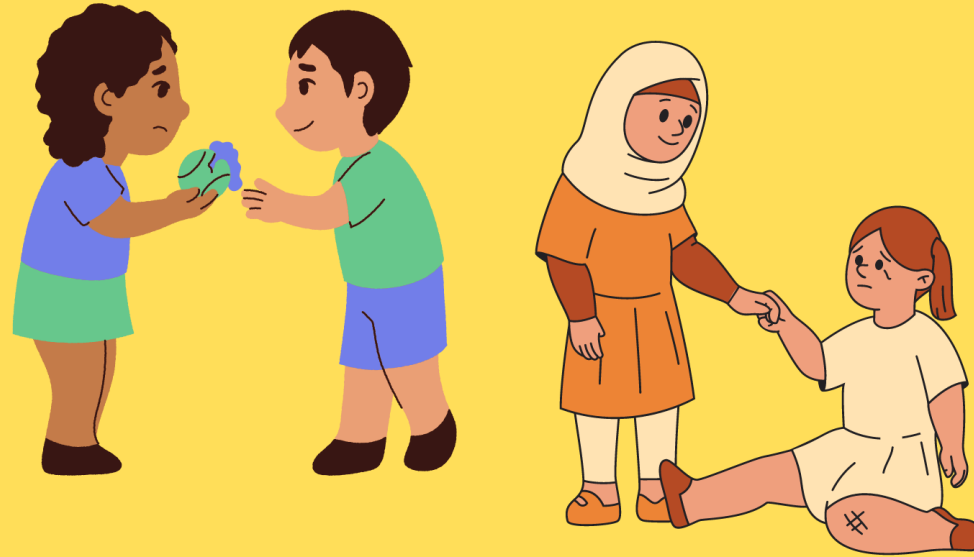


The environments  
and products that  
everyone can use



# V

is for Values



Ideas or beliefs that are important to individuals

# W is for wellness!



Habits that help with a healthy body and mind!



# X

is for eXtraordinary



Special characteristics  
that go beyond what is  
expected!

# Y is for YOU!



A unique individual who  
is being spoken to.

# Z is for ZOOM!



We can provide services  
virtually, through  
platforms such as zoom.