



## INTRODUCTION TO OCCUPATIONAL THERAPY



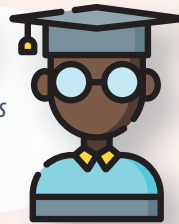
### WHAT ARE DIFFERENT TYPES OF OCCUPATIONS?

- Bathing, grooming, dressing, and eating
- Taking care of loved ones or pets
- Grocery shopping, cooking, cleaning, and other chores/errands
- Exercising, managing medications, and going to the doctor/therapist
- Resting, sleeping, and preparing for sleep
- Learning, working, and volunteering
- Playing and participating in leisure activities
- Socializing with family, friends, and community members



### WHO ARE OT PRACTITIONERS?

- Occupational Therapists (have at least a four-year degree)
- Occupational Therapy Assistants (have at least a two-year degree)



### WHY SHOULD YOU CONSIDER OT AS A CAREER?

- There are broad opportunities to work in various settings with different types of people; this variability helps prevent burnout.
- It's fun! It's a chance to be creative and be hands-on while helping people.
- You can incorporate your own interests and hobbies into your work.
- You can advance your career by specializing in various techniques, creating your own business, or taking on leadership roles.
- It's rewarding and fulfilling to help improve someone's quality of life.
- There are lucrative job opportunities - OT is one of the most top-rated and fastest-growing careers.
- There are various opportunities to collaborate with other professionals and experts in order to continue learning and growing.



### WHAT QUALITIES MAKE A GOOD OT PRACTITIONER (OT/OTA)?

- Compassionate
- Patient
- Flexible
- Creative
- Good communicator
- Resourceful
- Innovative
- Critical thinker
- Perceptive
- Multi-tasker
- Responsible
- Respectful
- Reliable
- Organized
- Ethical



### WHERE DO OT PRACTITIONERS WORK?

- Hospitals
- Schools
- Rehabilitation clinics
- Homes
- Community settings
- Mental health facilities
- Nursing homes / skilled nursing facilities
- Academia
- And more!



### WHERE CAN I LEARN MORE ABOUT OT?

<https://www.aota.org/career/become-an-ot-ota/about-the-profession>  
<https://www.ilota.org>

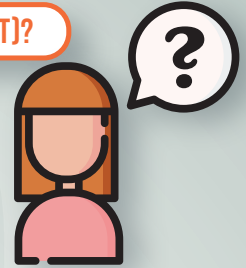


### WHAT ARE OCCUPATIONS?

Occupations are daily life activities that are meaningful. They are things we need to do, have to do, or want to do as part of our everyday roles.

### WHAT IS OCCUPATIONAL THERAPY (OT)?

The skilled, evidence-informed use of daily activities (occupations) to promote quality of life for individuals, groups, or populations across the lifespan who face barriers to performing their desired occupations.



### WHO MIGHT BENEFIT FROM OT?

- A child with autism learning how to more fully participate at school.
- A group of young adults with Down syndrome learning how to explore and register for college classes.
- A survivor of domestic violence learning how to promote their positive mental health.
- An adult with depression learning how to better manage their daily routines.
- A group of homeless individuals learning how to access community resources.
- An older adult who had a stroke and needs to re-learn how to dress and care for themselves.
- A teenager with cerebral palsy learning how to drive using adaptive equipment.
- A group of parents with premature infants learning how to best care for their children and themselves.
- A group of adults with carpal tunnel syndrome learning how to perform work tasks with proper body positioning to protect their joints.
- A young adult with a spinal cord injury learning how to manage their home with environmental modifications.

