

Who Is an Occupational Therapist (OT)

Helping people do the everyday things that matter



What OT Means

OTs are health professionals dedicated to helping people perform day-to-day activities when something makes them harder

“Occupation” = the meaningful everyday tasks you want or need to do (self-care, work, school, leisure)

How OTs Help You



Develop or restore skills after illness, injury or change



Advise/support caregivers & families



Adjust the environment at home, workplace or school



Help you find community supports & services



Advise and support caregivers & families



Provide **assistive** devices/tools

Who OTs Work With



People of all ages



Anyone facing barriers to doing daily tasks (due to illness, injury, aging, developmental or mental health challenges)

Where OTs Practice



Home



Schools



Hospitals / Rehab



Community / Clinics



Workplaces