

# When health related issues challenge your everyday living... it's time to call the OCCUPATIONAL THERAPIST!

People experience life to the fullest through the things they enjoy doing everyday — at work, in school, in their homes, or out in their communities. When health related issues such as injury, illness, disability, mental health issues, learning problems or the impacts of aging begin to affect one's ability to manage the things they need and want to do, an Occupational Therapist can help.

Occupational therapists are regulated health professionals who work to enable people of all ages to overcome barriers in their everyday life so they can do more, live better and:

## MANAGE AT HOME

An Occupational Therapist can help you live at home safely and independently. New techniques, assistive devices or modifications to the home can be solutions to promote independence in self-care skills like dressing or bathing, meal preparation, homemaking, coping with a busy family schedule.

## SUCCEED AT SCHOOL

Occupational Therapists help students develop behavioural, social, handwriting and organizational skills and to manage self-care skills needed to succeed at school. Consulting with teachers, making changes to the school environment, and introducing assistive technology supports learning for students with special needs.

## ADAPT AT WORK

Whether one is entering the workforce for the first time, going back to work after an illness or injury, or wanting a healthier workplace, an

Occupational Therapist can provide both worker and employer with the support needed to adapt at work.

## PARTICIPATE IN YOUR COMMUNITY

Enjoying everything the community has to offer can be a challenge for those with limitations. Occupational Therapists address accessibility and mobility, help people drive again, promote development of social skills and support people to engage and participate in community life.

If you or a loved one needs help to assume, maintain or resume daily living skills... consult an occupational therapist to help make the everyday possible.

Learn more about Occupational Therapy or Find an OT in Ontario at:

[www.OTOntario.ca](http://www.OTOntario.ca)



**OT**

**OCCUPATIONAL  
THERAPY**