

"My OT and I found solutions for getting around my home safely. I feel more confident and independent to do the things I want to do."



OTs can help you or your family member regain or develop skills that promote safe independence in day-to-day living. Through an in-depth assessment of your needs, skills, limitations, environment and support system, your OT can provide solutions that help you improve and maintain a quality of life - right at home.

Learn more at www.OTOntario.ca

Manage at Home

How can I benefit from OT?



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Occupational Therapy (OT) is a health profession that **empowers** people of all ages to overcome barriers in their everyday lives so they can **do more** and **live better**.

How can I benefit from OT?

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to learn more about
occupational therapy



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There's a whole world outside your home, workplace, and school. That's why OTs work with individuals, groups and governments to ensure everyone can participate in community life, regardless of their level of ability.

Participate in the Community

How can I benefit from OT?



"After a car accident that left me with a spinal cord injury, my OT not only helped me find a new wheelchair, she also gave me the confidence to drive again."
Ramya, 30, OT Client

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Sam, OT client

"OT helped me cope with the effects of a stroke - both in hospital and at home."

In a hospital or clinic setting, OTs work with other health care professionals to ensure your recovery and ability to function in day-to-day life. An OT will play an integral role in preparing you for the transition from hospital to home, especially if your illness or injury has left you unable to look after yourself and participate in your usual daily activities.



Recover in a Hospital/Clinic

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“So many good things have come from him having an Individual Education Plan. Thank you so much for helping my son.”
Mother of 8-year-old James

There are many ways your OT can help you or your child succeed in school. Working with you, teachers and school administrators, your OT will assess performance on activities such as handwriting, organization, gym and sports activities, and social activities. Your OT will also look at other factors that can affect class participation, including fine and gross motor skills, visual motor and perceptual skills, and sensory processing.



Succeed at School

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Whether it's paid or volunteer, in an office or in the home, work provides an important and meaningful occupation in day-to-day life. So what do you do when a health issue interferes with your ability to work?

An OT can help you develop or regain the skills you need to work with confidence and independence – at every stage of your working life.

"After recovering from breast cancer, OT gave me the coaching and support to ease back into work."
Samara, 43, OT client



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Adapt at Work

How can I benefit from OT?



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