



How can I benefit from OT?

Participate in the Community

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.

Here are some of the services and activities OTs engage in to help you participate in the community:

Community mobility

To ensure you can safely and easily move around your neighbourhood, your OT will assess your abilities and teach you adaptive skills for leaving and entering your home, getting in and out of a car, and managing transit.

Driving

OTs are the primary health professionals providing driver rehabilitation services. Using a range of tools, your OT will assess factors to help determine if it's safe for you to get behind the wheel. Your OT can also help you adapt your vehicle with devices such as extended mirrors, hand controls, or brake extensions.

Living with Mental Illness

OTs can provide strategies to support the recovery of children, youth and adults living with mental disorders. OTs work on promoting resilience and self management so people can live a full life in the community.

"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

Health promotion

OTs work with individuals and groups to promote strategies for safe and healthy living. Examples include fall prevention programs for seniors and home and community accessibility solutions.

Community development

OTs also work with organizations and governments on activities that enable full participation in community life. They develop resources that promote healthy lifestyles, consult with government on environmental accessibility, and work with communities on projects such as accessible playgrounds and ergonomic workplace design.

To learn more about how you can benefit from OT, contact us or visit OTOntario.ca