

Occupational therapy plays an important role in primary health care; occupational therapists work as part of the interprofessional team to meet the health needs of individuals, families and the community.

Chronic Disease Management

e.g., mental health, diabetes, arthritis, neurological diseases

- Home/workplace accessibility assessments
- Patient education and self management
- Health promotion programs
- Counselling, psychotherapy, cognitive behavioural therapy for depression, anxiety and other mental health concerns
- Assessment and recommendations for assistive devices

Senior's Health

- Driver screening and assessment
- Falls prevention programs
- Wheelchair and mobility assessment
- Home safety assessments
- Chronic pain management programs
- Caregiver support and education

Children's Health

- Infant swallowing and feeding screening
- Developmental screening for infants and school-aged children
- Direct interventions concerning school and play occupational concerns
- Liaising with school and other agencies to coordinate care

Occupational Therapists in Primary Health Care

For more information contact



Ontario Society of
Occupational Therapists

osot@osot.on.ca
416-322-3011
1-877-676-6768

For web resources specific to OT in
Family Health Teams see;

www.osot.on.ca

Ontario Ministry of Health and Long-Term Care

416-325-3575
1-866-766-0266
fht.inquiries.moh@ontario.ca



*Working to support your
Family Health Team*

What is Occupational Therapy?

Occupational therapy is a health profession concerned with promoting health and well-being through occupation.

Occupational therapy is **focused on enabling people to participate and engage in the occupations of every day living** – what people do to look after themselves, the work they do and the activities they choose for leisure. Occupational therapists (OTs) understand that participation in meaningful occupations contributes to health and well-being.

OTs work with people of all ages who experience barriers to participation in day to day occupations as a result of injury, illness, mental health problems, aging, developmental problems, social disadvantage, etc. and together identify solutions to remove/minimize barriers and promote or maintain function.

Using a variety of approaches such as **health promotion, injury prevention, chronic disease management, direct services and community development**, occupational therapists are valued participants in primary health care.



OT Services for your Patients may include:

Assessments

- Cognitive and/or perceptual evaluations
- Functional Assessments
- Home Safety Assessments
- Older driver screening assessments
- Return to Work or School Accommodation Assessments
- Developmental screening programs for infants and children
- Assessment for supportive living and/or personal care
- Motivational interviewing of patients to determine readiness to participate in Family Health Team programs

Interventions

- Group-based or individual health education – chronic pain management, self-management and lifestyle change programs
- Mental health support – counselling, psychotherapy, cognitive behavioural therapy
- Assistive devices assessment, prescription, application and form completion for government and/or insurance funding
- Falls prevention education
- Pain management strategies
- Decision-making support regarding health literacy and health promotion
- Case management regarding productivity (work, school), leisure and self-care occupations
- Treatment to support functional improvement – splinting, ADL retraining, energy conservation

Occupational Therapy in Primary Health Care

Occupational therapists work collaboratively with clients, other health care professionals and community agencies and organizations to **promote health, maintain function** and participation in daily occupations, **restore independence, prevent disability**, and **enrich the primary care services of the team or clinic**.



What you should know about OT

Occupational therapy is a regulated health profession. OTs must be registered with the College of Occupational Therapists of Ontario.

Occupational therapists are educated at accredited Master level university programs across Canada. OTs bring research and evaluation skills to their roles.

Occupational therapists' interventions are;

- patient-centred
- collaborative
- focused on optimizing functional independence