



How can I benefit from OT?

Adapt at Work

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.

Entering the workforce

If you have a physical impairment or mental health issue, an OT can help you make the transition into the workplace. Your OT will work with you to identify and strengthen your work skills, develop your job search and interviewing skills including how to handle employer's questions about your abilities, consult with employers regarding workplace accommodations for persons with disabilities, and provide recommendations for creating an adaptive and modified environment.

Returning to the workforce

Working with you and your employer, your OT can determine your readiness to resume your job and prepare and implement a realistic return to work plan. To ensure your safe and successful return to work, this plan may propose a gradual return to activities and hours.

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

Samara, 43, OT client

Prevention of workplace injuries, illness or stress

OTs are an invaluable resource for workers and employers looking to address work-related pain, stress, and discomfort. Drawing on their expertise in ergonomics, OTs can assess the work environment and recommend changes, such as a new piece of equipment or an improved work process that integrates regular breaks. OTs can also develop and deliver stress management education programs.

Leaving the workforce

For some people, entering retirement is an easy transition, but for others it is a time of stressful adaptation. An OT can counsel you through this important life transition and help you explore and redefine the occupations or activities that provide meaning in your life.

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