

## What is an Occupational Therapist (OT)?

OTs are healthcare workers that help people overcome challenges that impact their daily lives. OTs can help individuals learn skills to succeed in school, work, self-care, and hobbies.

OTs work with people of all ages, making it a rewarding and exciting career choice.

## What are Occupations?

An OT uses the word "occupation" to describe all the things a person needs (self-care), wants (leisure), and is expected to do (productivity):

- **Self-Care** refers to the things people do every day, like getting dressed and eating.
- **Leisure** refers to the things people enjoy doing, like hobbies or fun activities.
- **Productivity** refers to the tasks that society requires us to do like work and school.

## Where do OTs work?

- Correctional Facilities
- Hospitals
- Long-Term Care Homes
- People's Homes
- Private & Public Health Clinics
- Schools

...and many more!



Ontario Society of  
Occupational Therapists

# THINKING ABOUT A CAREER IN OCCUPATIONAL THERAPY?

## Masters of Science in Occupational Therapy Programs in Ontario - 24 months:

- **McMaster University**
- **Queens University**
- **University of Ottawa\***

- **University of Toronto**
- **Western University**

\* French Proficiency Required

## Occupational Therapy School Curriculum:

- Anatomy & Physiology
- Clinical Practice in Health and Community Settings across Ontario (and abroad)!
- Mental Health
- Neuroanatomy
- Research & Problem-Based Learning

**Learn more about  
specific Occupational  
Therapy program  
requirements here:**



Check out the Ontario Society of Occupational Therapists website for more info: [www.osot.on.ca](http://www.osot.on.ca)



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