



# Understanding OT

## What is occupational therapy?

People experience life to the fullest through the things they enjoy doing everyday – at work, in school, in their homes, or out in their communities.

Occupational therapy, or OT for short, is a health profession that helps you or your family member develop the skills needed for day-to-day activities when these abilities have been hampered by injury, illness, chronic disease, mental health issues, developmental delays, learning problems, the impacts of getting older or other health factors.

## How can an OT help?

Together, you and your OT will find solutions that will enable you to:

- Maintain function so you can continue to live independently or with minimal support in your home and prevent injuries and complications.
- Regain skills after an illness or injury so you can go back to your usual activities at work, home, or school.
- Develop new skills when illness, disability, learning problems or other health issues interfere with normal skills development.
- Enable the person you're caring for to do as much as they can safely do for themselves.

*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.*

## The OT approach

OTs use a number of approaches to help meet your needs, including:

- Therapy programs for physical, cognitive, behavioural, or mental health problems.
- Introducing alternative ways of doing things.
- Modifying your environment with accessible design and ergonomic solutions.
- Prescribing assistive devices.
- Consulting with families or caregivers.

While enabling you to do as much as you can for yourself, OTs can help you navigate the health system and the variety of community supports, services, and resources that may be accessible to you. Helping you do what you need and want to do OTs are your best champion!

**To learn more about how you can benefit from OT, contact us or visit [OTOntario.ca](http://OTOntario.ca)**