

Occupational Therapy (OT)



Knowledge

Occupational therapy is a **client-centred** health profession concerned with promoting health and well-being through occupation. The primary goal of occupational therapy is to enable people to participate in the **activities of everyday life**. Occupational therapists achieve this outcome by working with people and communities to **enhance their ability to engage** in the occupations they want to, need to, or are expected to do, or by modifying the occupation or the environment to better support their occupational engagement. (*WFOT 2012*)

What services does an occupational therapist provide?

Occupational therapists can help people return to work, school and other meaningful activities.

- Self-care - getting dressed, eating, moving around the house,
- Being productive - going to work or school, participating in the community
- Leisure activities - sports, gardening, social activities.



Frequently
asked
questions

How can an occupational therapist help me return to activities of daily living?

An occupational therapist will initially conduct a comprehensive assessment to understand your unique circumstances. With respect to concussion, an occupational therapist may problem solve to minimize or prevent your unique barriers/challenge, analyze tasks to help you return to pre-injury roles and/or provide you with strategies that will better enable you to perform the task unaided or with accommodations.

Occupational therapists can help you:

- Learn new ways of doing things,
- Regain skills and develop new ones,
- Use materials or equipment that makes life easier, or
- Adapt their environment to work better for them.

What are some of the specific things an occupational therapist can help me with?

The services can vary based on your injury severity and needs. A few services specific to concussion/mild traumatic brain injury may include:

- Help you develop routines and organizational skills in a gradual manner that will help you achieve your goals
- Develop and deliver remediation-based intervention to help you regain some of the skills you have lost post-injury
- Assist you in recognizing your current abilities and provide appropriate education regarding energy conservation and prevention of recurring symptoms
- Recommend equipment and/or devices to help you perform your day-to-day tasks
- Provide suggestions on how you can adapt your environment at home or at work to improve your overall performance

Are occupational therapy services publically funded?

Unfortunately, occupational therapy services are not covered through OHIP. Publicly funded services are however available through hospitals, rehabilitation centers, family health teams, community health clinics, and Community Care Access Centres (CCAC). Workplace Safety and Insurance Board (WSIB) and the Veterans Affairs Canada also fund services if you are injured at the workplace or during military service.

Where can I find an occupational therapist?

The College maintains a current roster of occupational therapists online at [COTO](#). You can search for an occupational therapist based on the geographic region served and/or area of practice.

(Adapted from [COTO](#), [CAOT](#) and [OSOT](#) resources available online)