

WHAT IS OCCUPATIONAL THERAPY?

What is Occupational Therapy?

Occupational therapy (OT) is a form of treatment provided by occupational therapists to enable people of all ages to participate in daily living. Everyone has occupations— from the toddler whose occupations are play and learning to develop important skills, to the older adult whose occupations are engaging with family and friends and managing his or her home. We generally don't think about and/or take for granted our ability to engage in daily occupations until we have trouble doing them.

What is the difference between Occupational Therapy and Physical Therapy?

Both physical and occupational therapy are allied health professions focused on recovery of independence but approach recovery in different manners. "The central focus of occupational therapy is occupation - humans' occupational need and drive for occupation and occupation's capacity to form and transform people, environments, communities, and societies" (Hooper, 2018). The central focus of physical therapy is "movement and movement-related function" (Hooper, 2014)

Interprofessional Team Members

As interprofessional team members, the role of occupational therapists is to not only improve a person's ability to engage in daily living but also engage in a person's ability to meet survival, psychological, and physical needs important to health and well-being.



Scan the QR code to learn more,
or visit bit.ly/OTVideo1

The purpose of developing a grassroots curriculum to educate providers about OT is to improve collaboration between providers and therapists in order to improve patient outcomes. The current speed at which we must acquire knowledge in healthcare limits the ability to learn about the profession of OT. Therefore, occupational therapists must advocate for their own profession through education.

What is the goal of occupational therapy?

To improve quality of life through engagement in meaningful, daily occupations which affects overall health and wellness for Boerne's community-dwelling older adults.



Sources

AOTA (2020) website

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