

# What is occupational therapy?

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**AOTA** The American  
Occupational Therapy  
Association, Inc.

O C C U P A T I O N A L T H E R A P Y

Occupational therapy is a health care profession that focuses on helping people of all ages regain, develop, or master everyday skills in order to live independent, productive, and satisfying lives.

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Independence Is Increased Through  
Functional Activities That Are  
Meaningful to the Individual.

Occupational Therapists Treat the  
Whole Person!

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# Where do occupational therapy practitioners work?

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# An OT practitioner could work in physical disabilities...

- Hospitals
  - Acute care
  - Inpatient rehab
  - Specialty units (e.g. spinal cord injury)
- Nursing homes
- Home health
- Work rehabilitation

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# An OT practitioner could work in mental health...

- Psychiatric facilities
- Psychiatric units in hospitals
  - Adults or adolescents
- Community mental health programs
- Specialty units in nursing homes (e.g. dementia units)

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# An OT practitioner could work in pediatrics...

- Schools
- Pediatric units in hospitals
  - Oncology, burn units, neonatal intensive care, etc.
- Hospital-based outpatient clinics
- Private clinics
- Private practice

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# An OT practitioner could work in specialty areas such as...

- Hand therapy
- Driver rehabilitation
- Low vision rehabilitation
- Wheelchair seating
- Assistive technology
- Design & accessibility consultation

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