

Occupational Therapy

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What is Occupational therapy?

Occupational therapy enables people to participate in occupations that are meaningful to them.

Occupational therapists believe that it is a person's occupation that defines them. It is a health profession that promotes the well being of individuals through occupation. Occupation is considered to be everything a person occupies themselves with.

What do Occupational therapists do?

An occupational therapist (OT) works with anyone who is having difficulty doing the activities that are meaningful to them. OTs address the following categories:

- Self-care
- Productivity
- Leisure

Where do registered Occupational therapists work?

Occupational therapists are generally employed in

- Hospitals
- Rehabilitation centres and clinics
- Schools
- Community organizations
- Business (e.g. insurance companies and architectural firms)
- Private practice



Education & Preparation:

Occupational therapy is a Master's level program with a minimum of 1000 hours of fieldwork education.

Occupational therapists must successfully pass the certification examination administered by the Canadian Association of Occupational Therapists (CAOT) or meet provincial registration qualifications.

Licensure:

Occupational therapists must be registered with their provincial regulatory organization to legally practice occupational therapy in Canada. In Ontario, Occupational Therapists are required to be registered with the College of Occupational Therapists (COTO) in order to practice and use the title "Occupational Therapist".

Information retrieved from Interprofessional Health Education and Research, University of Western Ontario, website: <http://www.ipe.uwo.ca/Professionals/occupational.html>