

Occupational Therapy (OT):

In its simplest terms, occupational therapy (OT) is a health care profession that works with people with physical, mental, or developmental conditions to develop, recover, or maintain their daily living skills.

Occupational therapy is a client-centered practice in which the client has an integral part in the therapeutic process. The occupational therapy process includes an individualized evaluation during which the client/family and occupational therapist determine the individual's goals; a customized intervention to improve the person's ability to perform daily activities and reach his/her goals; and an outcomes evaluation to monitor progression towards meeting the client's goals.

Occupational therapy interventions focus on adapting the environment, modifying the task, teaching the skill, and educating the client/family in order to increase participation in, and performance of, daily activities.