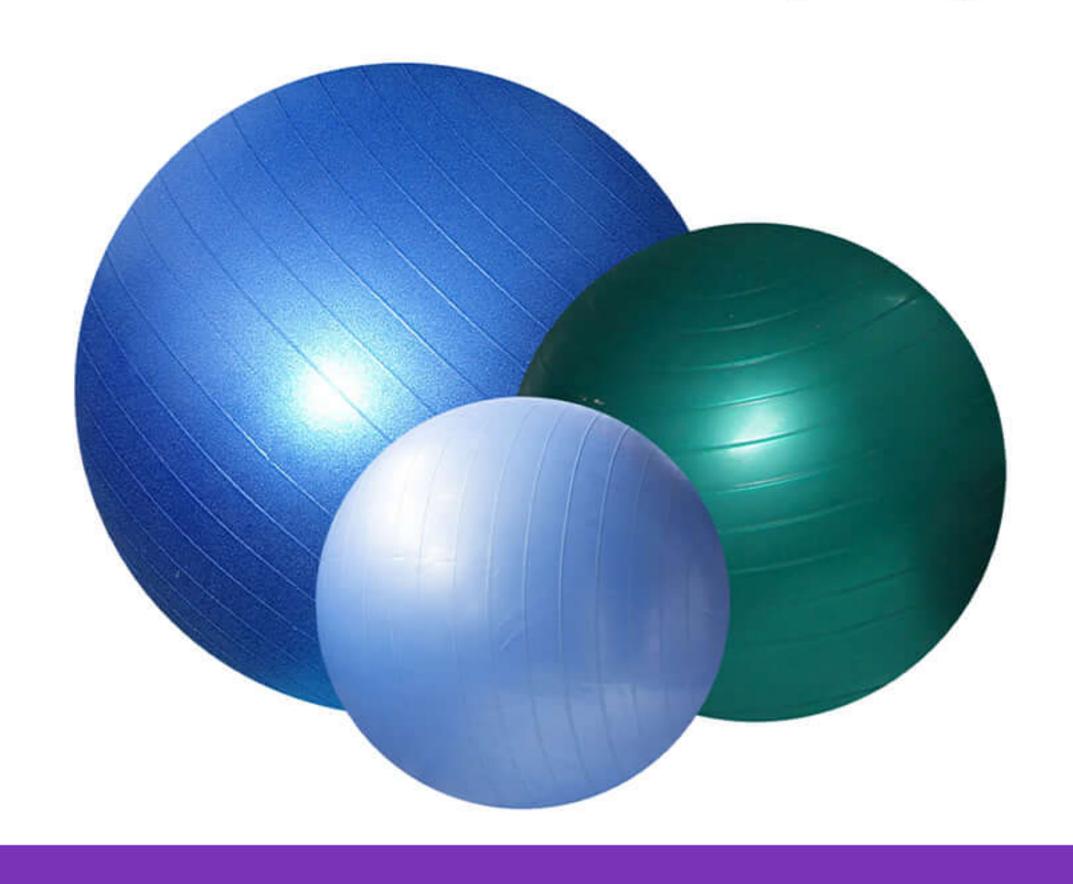
WHAT IS OCCUPATIONAL THERAPY?

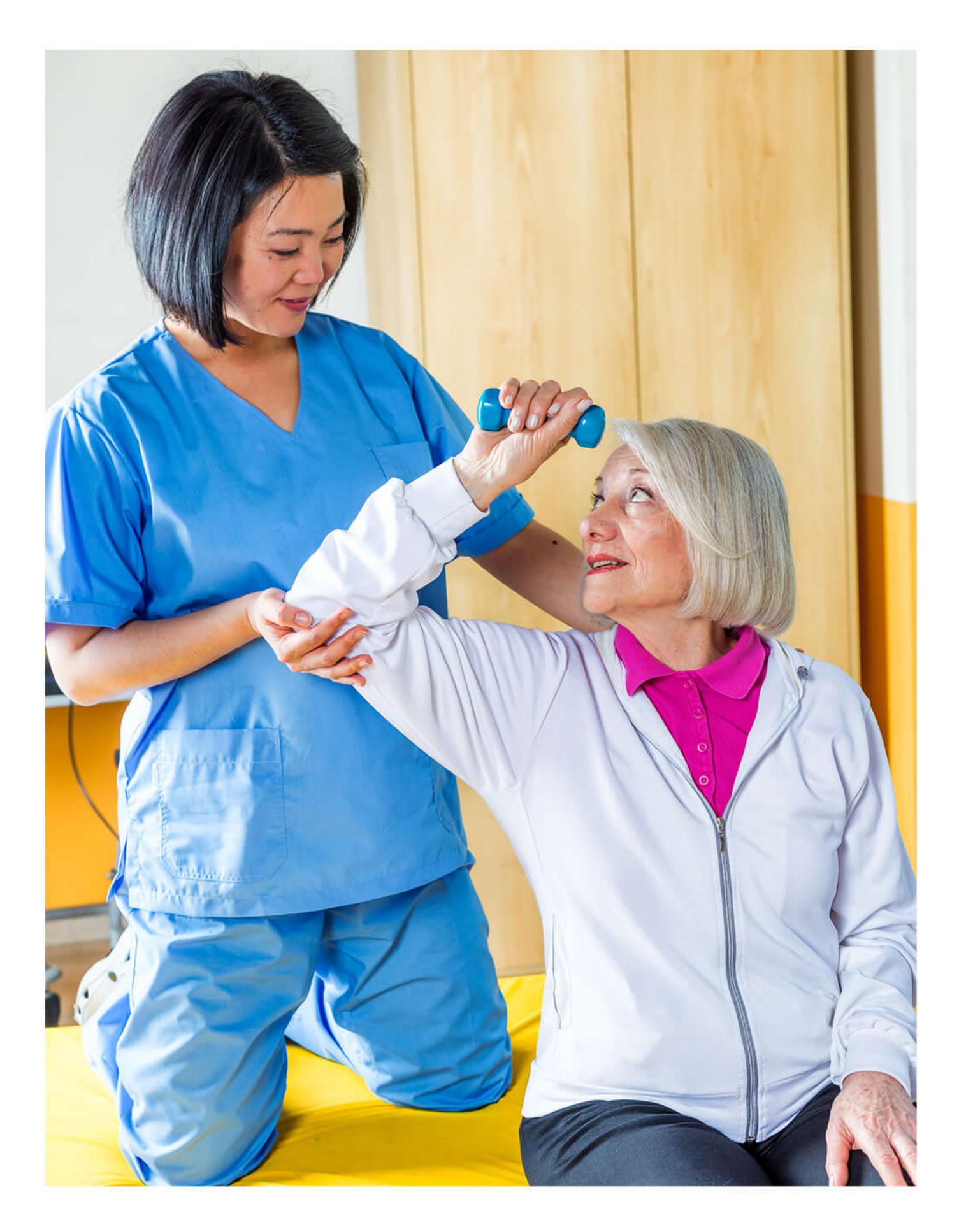
Occupational therapy is a science-driven evidence-based profession that enables people of all ages to participate in daily living or live better with injury, illness, or disability. This is accomplished through designing strategies for everyday living and customizing environments to develop and maximize potential.

By taking the full picture into account—a person's psychological, physical, emotional, and social make-up—occupational therapy assists people in:

- Achieving their goals
- Functioning at the highest possible level
- Concentrating on what matters most to them
- Maintaining or rebuilding their independence
- Participating in the everyday activities that they
- need to do or that simply make life worth living

Occupational therapists and occupational therapy assistants are experts in helping people perform the occupations they need and want to do every day.





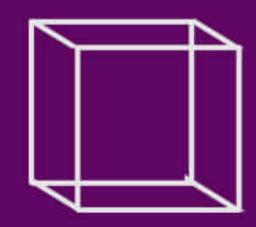


For more information please visit www.aota.org

OCCUPATIONAL THERAPY PERFORMANCE SKILLS

Occupational therapists evaluate and analyze the performance skills of different types of clients:

TYPES OF PERFORMANCE SKILLS



MOTOR SKILLS

How a person moves their body parts & interacts with objects during activities. Examples include:

- Positioning the body
- Obtaining and manipulating objects
- Moving self and objects
- Sustaining performance



PROCESS SKILLS

How a person thinks and plans in order to perform activities.

Examples include:

- Applying knowledge
- Timing actions
- Organizing space & objects
- Adapting performance



SOCIAL INTERACTION

How a person communicates using verbal and nonverbal abilities.

Examples include:

- Initiating & terminating exchanges
- Adapting style to fit different social interactions
- Asking & answering questions
- Expressing emotions

Occupational Therapy

> Empowering Everyday Living

> > #OTMonth

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