

Occupational Therapy: Who, What, How, Why

Who



Occupational therapists (OT's) enable people to do the things they want and need to do.

Occupational Therapy helps young people overcome challenges completing their occupations, so they can grow, develop, learn, have fun, socialise and play.

What are "occupations"?

Occupations are all of the everyday activities we do that bring **meaning** and **purpose** to our lives. They could be **tasks** like brushing our teeth, **roles** like being a student, or being a friend, or **activities** like cooking a meal.

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Picture a wall in front of you. As far to the left, as far to the right and as far high as you can see. In that wall, there is a door, and that door is locked. On the other side of that door is what makes your heart happy - playing, painting, going to school, taking your dog for a walk, taking care of yourself without any help... it could be anything. That's your occupation.

Some people are born lucky and have their key, and they can walk through the door their whole life without a problem. Other people aren't as fortunate. They've either lost their key or never had it to begin with.

It's my job to get them through that door. If I can't, we bust a hole and make a new door.

Katie Mary, occupational therapist and member of the Occupational Therapy Association

What is OT?



What



Occupational therapists help young people who have barriers to engaging in their occupations because of challenges with:

- Routines
- Roles
- Regulation
- Environments
- Identity
- Self-esteem
- Sensory processing
- Physical health
- Mental health
- Executive function
- Fine and gross motor skills
- Life skills
- Social skills
- ...and more

