



OT Lens: Un Paso
A La Vez

The Role of Occupational Therapy



WHAT IS OCCUPATIONAL THERAPY?

Occupational therapy, also known as OT, focuses on promoting client-centered and evidenced-based practice for an improvement of the quality of life in their clients.

OT is concerned with improving the potential and functional independence in occupations for individuals of all ages and backgrounds (Bolt et al., 2019).

There are various settings that OTs work in:

- Hospitals
- Schools
- Clinics
- Skilled Nursing Facilities
- Health Care Facilities



PEDIATRIC OCCUPATIONAL THERAPY

Pediatric OT focuses on providing support and guidance for children by providing evidence-based interventions for developmental milestones to be met, functional independence with activities of daily living, also referred to as ADLs, and overall self-care (O'Brien & Kuhaneck, 2019).

Pediatric OTs assist clients with the following:

- Advocating
- Utilizing evidence-based interventions
- Providing caregiver education
- Improving functional independence in clients
- Implementing client-centered services



AMERICAN OCCUPATIONAL THERAPY ASSOCIATION (AOTA) VISION 2025

OT is an inclusive profession aimed at maximizing the well-being, health, and quality of life of their clients, regardless of ethnicity, diversity, race, and background (American Occupational Therapy Association, 2020).

REFERENCES

- Bolt, M., Ikking, T., Baaijen, R., & Saenger, S. (2019). Occupational therapy and primary care. *Primary Health Care Research & Development*, 20, e27. <https://doi.org/10.1017/S1463423618000452>
- O'Brien, J. C., & Kuhaneck, H. (2019). *Case-smith's Occupational Therapy for Children and Adolescents - E-book* (8th ed.). Mosby.

****Please consult a licensed occupational therapist or healthcare practitioner for more information. ****



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