Occupational Therapy Australia

What is occupational therapy?



Occupational therapy is a person-centred approach to help individuals participate in activities they find meaningful.

This could be taking care of yourself or others, working, volunteering, and participating in hobbies, interests and social events that bring personal or professional fulfilment.

'Occupation' refers to everything you need, want or aspire to do in your day or life. An OTs purpose is to help you live the life you want to live.

Occupational therapists can help almost anyone by focusing on your strengths and abilities to find new ways to achieve goals set by you with your OT to support and guide you.

Want to see how occupational therapy could help you or someone you know?

Talk to your local OT or find one via Occupational Therapy Australia's **Find an OT** service by scanning the QR code or visiting otaus.com.au/find-an-ot.





