

Are there standards of practice for occupational therapy?

Yes, the College of Occupational Therapists of Ontario regulates the profession of occupational therapy in Ontario. Members of the College of Occupational Therapists are regulated professionals who are required by law to deliver ethical and professional services based on standards developed by the College.

Resources

For more information visit these websites:

- ♦ Canadian Association of Occupational Therapists: www.caot.ca
- ♦ Ontario Society of Occupational Therapists: www.osot.on.ca
- ♦ OT Works: www.otworks.ca
- ♦ College of Occupational Therapists of Ontario: www.coto.org

Contact

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Providence Care

is the leading provider of compassionate, non-acute health care in southeastern Ontario, and is affiliated with Queen's University. Treating each person with respect, dignity and compassion, we specialize in complex continuing and long-term care, geriatric and rehabilitation programs, mental health services and palliative care.

Our Vision

Providence Care will lead the way in compassion and discovery.

Our Mission

Trusting in Providence and strengthened by the spirit and tradition of our Founders, the Sisters of Providence of St. Vincent de Paul, we enhance the quality of life by meeting the physical, emotional, social and spiritual needs of each person.

We work with our partners to innovate and excel in education and research.

We treat each person with respect, dignity and compassion.

Our Values

*Respect & Dignity ♦ Compassion
♦ Stewardship*

Providence Care

- ♦ Providence Manor
 - ♦ Mental Health Services
 - ♦ St. Mary's of the Lake Hospital in Kingston, plus a number of community locations throughout southeastern Ontario
- www.providencecare.ca

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Occupational Therapy



*"What we have to learn to do,
we learn by doing."
- Aristotle*

Providence
Mental Health
Services site
Care

What is occupational therapy (OT)?

Occupational therapy is a regulated health profession concerned with promoting health and well-being through “occupation”.

“Occupation” is everything people do to occupy themselves:

- ◆ looking after themselves (self-care),
- ◆ enjoying life (leisure)
- ◆ participating in paid/unpaid work (productivity).

Meaningful occupation is important - it affects health and well-being, provides routine and structure, and has therapeutic value.

The goal of occupational therapy

The primary goal is to enable people to participate in the activities which give meaning and purpose to their lives. Occupational therapy breaks down barriers which impede individuals in their everyday activities.

Occupational therapists examine factors that influence function:

- ◆ Physical (strength, range of motion, coordination, balance, sensation, skin integrity)
- ◆ Cognitive (thinking, memory, organization, problem solving)
- ◆ Psychological and emotional
- ◆ Physical and social environment (home, workplace, school, community)

Adapted from the World Federation of Occupational Therapists, 2004 and Canadian Association of Occupational Therapists 2004

How can an occupational therapist help me?

At Providence Care’s Mental Health Services site an occupational therapist can help you:

- ◆ establish goals to assist in your recovery
- ◆ fulfill meaningful life roles (parent, employee, community member, student, partner)
- ◆ adapt activities or your environment to promote success and independence
- ◆ identify and learn new skills/strategies
- ◆ establish healthy routines and habits with counselling regarding new or ongoing issues
- ◆ advocate for new services and your rights
- ◆ through promoting awareness of mental health and disability issues in your community

Here are some examples of how you and an occupational therapist can work together in the areas of self-care, productivity and leisure:

Self-Care	<ul style="list-style-type: none"> ◆ Increase independence in dressing and bathing ◆ Recommend adaptive equipment options (wheelchair, walker, bath seat, reacher) ◆ Enhance skills in meal preparation and planning ◆ Learn strategies to help relax and manage stress and energy ◆ Use public transportation
Productivity	<ul style="list-style-type: none"> ◆ Improve household management skills ◆ Manage time and money ◆ Facilitate success in school/education ◆ Explore volunteer and paid employment opportunities ◆ Develop a plan for return to work
Leisure	<ul style="list-style-type: none"> ◆ Resume previously enjoyed activities ◆ Explore new activities that match your lifestyle and abilities ◆ Enhance social opportunities and social skill development ◆ Overcome barriers to participation ◆ Engage in quiet (hobbies) or active (sports, outings, travel) leisure activities