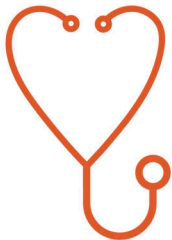


# Occupational Therapy FAQs



## What is Occupational Therapy (OT)?

Occupational Therapy supports individuals with the things that they want and need to do each day. This can range from hobbies to workplace activities, and everything in between.



## Where is Occupational Therapy available?

Occupational Therapy is available in community settings, clinics, homes, schools, and more. Occupational Therapy services can be provided in any location!



## How does it help patients?

Occupational Therapists help their patients regain independence or reach new milestones every day by using exercises that not only promote independence but enhance the overall health and well-being of their patients.



## How to start Occupational Therapy services?

Contact a local Occupational Therapy clinic for an assessment or receive a referral from your team of healthcare professionals. As you get started with care, be upfront with your OT about your goals for therapy services and set realistic expectations and timelines for reaching these goals.

