

DID YOU KNOW?

There are nearly five hundred occupational therapists (OTs) and occupational therapy assistants (OTAs) licensed by the Board of Medicine and practicing in Idaho.

In honor of Occupational Therapy Awareness Month, the Idaho Occupational Therapy Association (IOTA) would like to refresh your memory about the practice of occupational therapy and encourage you to refer to an OT.



Occupational therapy is a health care profession that assists people of all ages to develop or regain everyday skills in order to live independent, productive, and satisfying lives.

WHO CAN BENEFIT FROM OCCUPATIONAL THERAPY?

People whose lives have been disrupted by physical injury, illness, developmental problems, psychosocial difficulties, or the aging process could benefit from occupational therapy. We ask that you consider referring your patients for occupational therapy to address:

- Developmental delays in children due to congenital or acquired conditions
- Work-related injuries such as repetitive stress injuries
- Injury or trauma to the upper extremities
- Limitations following a stroke or heart attack
- Arthritis, multiple sclerosis, and other chronic conditions
- Loss of independence in the home or community due to declining vision and cognitive function
- Mental health or behavioral problems such as Alzheimer's, schizophrenia, and post-traumatic stress.

WHAT SERVICES DO OCCUPATIONAL THERAPISTS PROVIDE?

Occupational therapists conduct a comprehensive evaluation of the client's sensorimotor, cognitive, and psychosocial skills. OTs assist people to perform activities such as:

- Dress themselves and care for their personal needs
- Shop, prepare meals, and carry out household chores
- Develop age-appropriate skills to participate in school or play
- Regain the use of an injured hand
- Arrange homes or work spaces so that daily tasks can be completed in a safer, more efficient manner
- Prevent or decrease the progression of diseases through energy conservation, joint protection, ergonomics, or stress management training
- Compensate for loss of function through use of adaptive equipment and assistive technology.

Occupational therapists are graduates of accredited education programs, and are required to pass a national certification examination. Occupational therapy services can be provided at hospitals, outpatient clinics, homes, and in the community. Occupational therapy is reimbursed by Medicare, Medicaid, Worker's Compensation, and some insurance companies.

Occupational therapy is a cost-effective, efficacious way to maximize your patients' potential to live independent, productive, and satisfying lives.

Thank you for all you do to provide quality care to your patients. We look forward to receiving your referrals. Please contact IOTA at 388.4682 for assistance with locating occupational therapists in your area that specialize in working with your patient population.