



How do you

OCCUPY your time?

Reading

Friends

Eating

Conversation

Cooking

The meaningful activities in which you are engaged are areas of **Occupation.**

Driving

Family

Sleeping

Bathing

Writing



Health is supported and maintained when individuals are engaged in occupations that allow them to participate in home, school, workplace and community situations.

Working

Occupational Therapists and Occupational Therapy Assistants focus on assisting people to engage in daily life activities that they find meaningful and purposeful.

Golfing

Gardening

Walking

Idaho Occupational Therapy Association • www.id-ota.com ©

Occupational Therapy

helps you develop or regain the skills for the job of living

OT FACTS

Nearly one third of people employed in the profession of occupational therapy work with children, helping them master the “occupations” of childhood-learning, playing and growing. Handwriting problems are a leading reason school-children are referred to occupational therapists.

Occupational therapy services are delivered in a variety of settings such as schools, hospitals, rehabilitation centers, skilled nursing and assisted living facilities and mental health clinics.

The U. S. Bureau of Labor Statistics calls occupational therapy one of today's fastest growing careers, pointing to growing numbers of older adults and young children who need occupational therapy services.

In 2007, the average salary of an occupational therapist in Idaho was \$54,600. *US News and World Reports* ranked occupational therapy in the top 31 careers in 2008 based on salary, flexibility, stress, working environment and advancement potential within the field.

Idaho State University offers a Masters Level Program in Idaho. Only 324 universities nationwide offer occupational therapy programs. All occupational therapy students enrolling in 2007 must be educated at the Master's level or better.

There are 548 occupational therapists and occupational therapy assistants licensed by the Board of Medicine to practice in Idaho. Approximately 117,000 practitioners are licensed in all states.

Occupational Therapy has its roots in the movement to reform mental health care at the turn of the 20th century when it was shown that patients who engaged in “purposeful occupations” such as crafts and practical work experienced a more successful recovery. The use of occupational therapy following WWI brought more attention to the practice of OT.

Occupational Therapy is skilled treatment that helps individuals achieve independence in all facets of their lives. It gives people “skills for the job of living” necessary for independent and satisfying lives.

IOTA Legislative Awareness Committee

Linda Jackson, Executive Director

Email: linda@id-ota.com

Message: 208.388.4682

Direct: 208.861.2310

Farrell Lindley, MOT, OTR/L, President

Email: farrell.lindley@psysolutions.com

Phone: 208.631.7366

Eric Burbach, OTR/L, CHT

Email: eburb_99@yahoo.com

Phone: 208.367.6862

Jill Satren, OTR/L, CHT

Email: jwsatren@verizon.net

Phone: 208.818.1125

Cherie Strand, OTR/L, CHT

Email: clstrand@custertel.net

Phone: 208.221.8233

Conditions benefiting from occupational therapy include:

- Alzheimer's disease
- Amputation
- Arthritis
- Attention deficit & hyperactivity disorders
- Autism
- Carpal tunnel syndrome
- Cerebral Palsy
- Chronic pain

- Conditions related to aging
- Delayed development
- Fibromyalgia
- Hand injuries
- Hip fracture/replacement
- Learning disabilities
- Low vision
- Mental retardation
- Mood disorders
- Multiple Sclerosis

- Musculoskeletal trauma
- Parkinson's disease
- Repetitive motion disorders
- Schizophrenia
- Stroke
- Substance abuse
- Sensory dysfunction
- Spinal cord injury
- Traumatic brain injury

Idaho Occupational Therapy Association

P.O. Box 7364 · Boise, ID 83707

208.388.4682 · www.id-ota.com · info@id-ota.com