



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*

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## 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.

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## 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

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