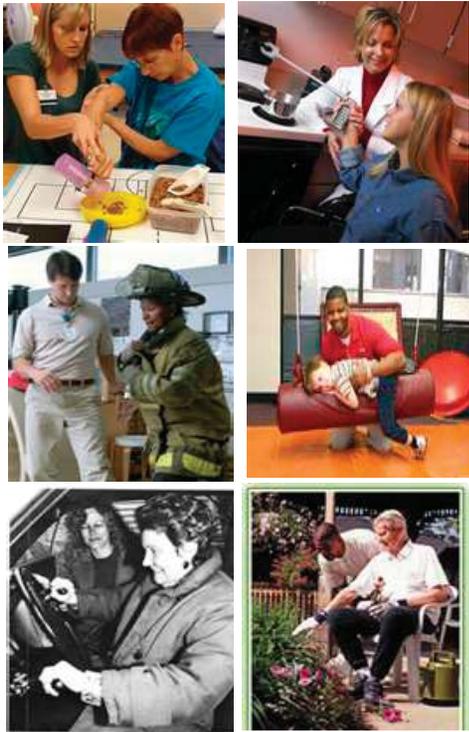


OCCUPATIONAL THERAPY - Consumer Education



What is Occupational Therapy?

Occupational therapy is a client-oriented approach to life skill development. Occupational therapy practitioners use their skills to help individuals prepare for daily living despite impairments, activity limitations, and/or restrictions. Occupations refer to daily activities or tasks that have value and meaning to a person and that are essential to his/her identity. Examples of daily living activities (occupations) are: getting dressed, dialing a phone, using a computer, writing a check, driving a car, work, leisure, fishing, or watching a movie at the mall.

Occupational therapy practitioners use meaningful tasks or occupations to promote and restore function, health, and wellness to people who have experienced a decreased ability to participate in meaningful daily life activities because of developmental delays, physical illness or injury, mental health conditions, or the process of aging.

An occupational therapy practitioner may: devise a substitute method for holding a spoon; help older adults re-engage in activities; teach persons with spinal cord injuries how to use assistive technology; create community programs for people with emotional or mental disabilities; consult with schools to help children overcome writing difficulties and learning challenges; or design, fabricate, and apply a splint for persons with a hand injury to assist in the recovery process.

Choosing an Occupational Therapist

You have the **freedom** to choose your own occupational therapist. You may go directly to an occupational therapist without a physician's referral **OR** your insurance may require a visit to a physician first or limit your access to only preferred providers. To find an occupational therapist please contact your health care professional, insurance carrier, or another trusted source.

An Occupational Therapist Is...

An Occupational Therapist (OT) is a health care professional who evaluates and treats activity limitations in all age groups. All occupational therapists practicing in the State of Ohio must hold a valid Ohio occupational therapist license.

An Occupational Therapy Assistant Is...

An Occupational Therapy Assistant (OTA) is a health care provider who assists and treats in collaboration with and under the supervision of an occupational therapist. All occupational therapy assistants must hold a valid Ohio occupational therapy assistant license.

Visit the Website or Call

Consumers can visit the Board website at <http://otptat.ohio.gov> or call (614) 466-3774 to verify a license or to file a complaint against a licensed occupational therapist or occupational therapy assistant.

All complaints must be submitted in writing. If you would like to speak with someone about your complaint, please call the Enforcement Division of the OTPTAT Board at (614) 466-3774 and select option 2.

For additional information about occupational therapy, visit the American Occupational Therapy Association website at www.aota.org, or the Ohio Occupational Therapy Association at www.oota.org.

Occupational Therapists Practice In...

Occupational therapists and occupational therapy assistants practice in hospitals, outpatient clinics, rehabilitation facilities, skilled nursing facilities, homes, education or research centers, schools, hospices, corporate or industrial health centers, athletic facilities, and other community settings.

State of Ohio Occupational Therapy, Physical Therapy, and Athletic Trainers Board

77 S. High Street, 16th Floor
Columbus, Ohio 43215-6108
Phone (614) 466-3774 Fax (614) 995-0816

<http://otptat.ohio.gov>

Will My Insurance Cover Occupational Therapy?

Private Insurance

Most private insurance plans cover occupational therapy services. Contact your insurer for specifics regarding your insurance coverage.

Medicaid/Medicare

Not all occupational therapists accept Medicaid/Medicare. When you call to make an appointment, ask if the occupational therapist participates in the Medicaid/Medicare program. Also, obtain information about any co-payments that you may be required to pay.