

Occupational Therapist, OTR

- A healthcare practitioner who helps improve the daily lives of individuals by helping them improve their abilities to perform tasks in both daily living and working environments.
- Common interventions include providing support for older patients experiencing physical and cognitive changes, aiding patients with injuries regain skills, or even helping disabled children participate in everyday activities with other children
- Occupational therapy service includes:
 - Individual evaluation with family and patient to determine goals.
 - Using customized interventions to improve the patient's ability to perform activities of daily living and reach their goals.
 - Personalized evaluations of therapy results to ensure goals are being met.

How to become an Occupational Therapist

- First, earn a Bachelor's degree from an accredited university. A variety of majors can be pursued. You must take courses in:
 - Biology
 - Human Physiology
 - Human Anatomy
 - Psychology
 - Statistics
 - Sociology
 - Oral Communications
 - Medical Terminology
- Second, earn a Master's Degree in Occupational Therapy. This typically takes two additional years after completion of undergraduate course work and includes a minimum of 24 weeks of field experience.
- Pass the National Board for Certification in Occupational Therapy (NBCOT) exam, which grants the Occupational Therapist Registered (OTR) Credential through NBCOT.

Chattanooga Healthcare Inter-Professional Society

What is an Occupational Therapist?





Improving Lives One Day at a Time.

'Occupational therapy practitioners ask, "What matters to you?" not, "What's the matter with you?"'
~ Ginny Stoffel, AOTA President



Patient Populations

- Clients with permanent disabilities
- Work-related Therapy
- Children
- Elderly
- Mental Health
- Terminally Ill
- Chronic Pain

Hand Therapy

Perhaps one of the biggest contributions an occupational therapist can have on improving the quality of life of patients is providing hand therapy for patients that have received an upper extremity injury. An injury to the hand can be devastating for anyone, but occupational therapist work closely with surgeons to see that patient's regain the maximum amount of function.

Occupational Therapy is for you if have:

- Excellent communication and interpersonal skills
- Compassion and patience
- Motivation to change lives.

"Man, through the use of his hands, as they are energized by mind and will, can influence the state of his own health."

~Mary Reilly



"If you want to live a happy life, tie it to a goal, not to people or things."

-Albert Einstein