



# Importance of occupational therapy for patients

Peters Tamara \*

Department of Occupational Therapy, University of Monish, Frankston, Australia.

## DESCRIPTION

Occupational treatment is refer to the regular activities that humans do as in families and with communities to occupy time and brings meaning and purpose to life.

Occupational Therapy (OT) is a department of health care that helps humans who have physical or cognitive problems. OT can help them regain independence in all regions of their lives.

Occupational Therapy (OT) helps kids play, and to improve their school performance and their daily activities. It is improving their self-esteem of accomplishment With OT; kids can develop fine motor skills so they can develop good handwriting skills. Improve eye co-ordination and hand co-ordination so they can play and do needed school skills including bat a ball and copy from a blackboard.

This kind of therapy can help if you have pain, injury, or an illness that makes it difficult for you to do your activity or schoolwork, care for yourself, complete household chores, and participate in activities.

Occupational treatment is a profession within healthcare. It is using assessment and intervention to develop or maintain the meaningful activities, or occupations, of individuals, communities. It is an allied health career performed through Occupational Therapists and Occupational Therapy Assistants (OTA). Occupational therapy's regularly work with humans with mental health problems, disabilities, or injuries.

OT is a kind of health care that helps to solve the issues that interfere with a person's ability to do the things which are important to them regular things like: Self-care -eating, moving

around the house. Being productive - going to work and school, participating in the community. Leisure activities-sports activities, gardening, and social activities.

## Who might need occupational therapy

Occupational therapist can help who have, birth defects, and sensory processing disease, birth injuries to the brain or spinal cord, learning problems.

## Who does occupational therapy

**Occupational therapist:** An Occupational Therapist (OT) has a four years bachelor's degree in a related field which includes biology, psychology, and health science and a master's degree from an accredited occupational therapy program.

**Occupational therapist assistant:** Occupational Therapist Assistant (OTA) has an associate's degree from an accredited Occupational therapist assistant program. They can perform therapy plans developed through an Occupational therapy but cannot do patient evaluations.

## Where do OT's work

Occupational Therapists (OT) work in different settings, such as hospitals, schools, rehabilitation centers, mental health facilities, private practices and children's medical clinics.

## How occupational therapists work

**Assessment:** Occupational therapy technique is based on initial assessment and repeated assessments. The Occupational Therapist (OT) is together with the individual they are working with focus on environmental abilities and problems associated with activities in the

individual's daily life. It is consist of using standardized techniques, observations in a variety of settings and consultation with significant humans in the individual's life.

**Planning:** The effects of the evaluation are the basis of the plan which includes short and long-term aims of therapy. The planning should be related to the person's improvement of roles, and lifestyle preferences and the environment.

**Intervention:** Intervention specializes in programs which are individual oriented and environmental. These are designed to the overall performance of regular responsibilities of settings in which the person works, socializes.

**Co-operation:** Occupational Therapists (OT) recognize the importance of teamwork. Co-operation and co-ordination with other professionals, families and volunteers are important in the realization of the holistic approach.