

Overview of Occupational Therapy

Overview of Occupational Therapy (OT) Interventions

Designed for quick reference and easy study

1. What Is Occupational Therapy?

Aspect	Description
Goal	Enable individuals to participate in meaningful daily activities (occupations) despite physical, cognitive, or psychosocial challenges.
Client? centered	Interventions are tailored to the person's goals, values, culture, and environment.
Settings	Hospitals, schools, community centers, rehabilitation clinics, workplaces, home health, tele?health.
Core Domains	• Activities of Daily Living (ADLs) • Instrumental Activities of Daily Living (IADLs) • Work & Education • Leisure & Play • Social participation

2. The OT Intervention Process

1. Evaluation / Assessment

- Standardized tools (e.g., COPM, AMPS, FIM) + clinical observation.
- Identify strengths, barriers, and client?identified goals.

2. Goal?Setting

- SMART goals (Specific, Measurable, Achievable, Relevant, Time?bound).
- Prioritize functional outcomes that matter to the client.

3. Planning

- Choose evidence?based intervention strategies.

Overview of Occupational Therapy

- Determine dosage (frequency, intensity, duration) and required resources.

Interventions

4. Implementation

- Direct therapy, client-guided practice, caregiver training, environmental modifications.

5. Evaluation / Reassessment

- Measure progress against goals; adjust plan as needed.
-

3. Major Categories of OT Interventions

Category	Typical Targets	Representative Techniques
ADL & IADL Training	Bathing, dressing, feeding, meal prep, budgeting, medication management	Task analysis, graded exposure, adaptive equipment (e.g., reachers, dressing aids)
Neurorehabilitation	Motor control, cognition, sensory processing after stroke, TBI, MS	Constraint-induced movement therapy, cognitive retraining, sensory integration, bilateral activities
Physical Rehabilitation	Strength, endurance, joint mobility, pain	Therapeutic exercise, manual therapy, splinting, positioning, pain modulation strategies
Hand Therapy	Fine motor skills, dexterity, grip strength	Therapeutic putty, pegboards, splint fabrication, tendon gliding exercises
Cognitive/Behavioral Interventions	Executive function, memory, attention, problem-solving	Cognitive/behavioral strategies, memory aids, task segmentation, computerized cognitive training
Sensory Integration / Modulation	Sensory processing disorders, autism, post-concussive syndrome	Sensory diets, weighted blankets, vestibular activities, auditory/visual modulation
Psychosocial / Mental Health	Mood regulation, stress, coping, social skills	Mindfulness, relaxation training, group therapy, role-play, activity scheduling

Overview of Occupational Therapy

Category	Typical Targets	Representative Techniques
Interventions		
Community & Vocational	Job performance, community mobility, independent living	Workplace ergonomics, job analysis, simulated work tasks, community navigation training
Assistive Technology (AT) & Adaptive Equipment	Enhancing independence with technology	Tablet apps for reminders, environmental control units, voice-activated devices, custom orthotics
Environmental Modifications	Home, school, workplace barriers	Home safety assessments, wheelchair accessible design, lighting adjustments, grab bar installation
Health Promotion & Prevention	Wellness, ergonomics, chronic disease management	Exercise programs, ergonomics education, fall-prevention workshops, nutrition counseling

4. Evidence-Based Intervention Models