Occupational Therapy helps people work and play better. Occupational Therapy is sometimes called OT. OT helps kids and adults use their bodies to do the things that they need to do during their day. OT helps people use their senses better too.

When people do OT, they work on using their body. Some people work on getting stronger. Some people work on moving and playing and jumping to help their brain and body work together. Some people work on using their fingers and eyes together. Some work on writing or drawing or cutting.

Sometimes OT works with people on dressing and self-care so they can be more independent. Being independent means they can do things without help. Sometimes OT helps people learn new things. Sometimes OT helps people remember how to do things they could do before but can’t because they have been hurt or sick.

OT helps people do the things they need to so they can be happy and strong and healthy for school, work, and play.

Occupational Therapy helps people to be their best!

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