

# OCCUPATIONAL THERAPY

School of Rehabilitation Science, College of Medicine

rehabscience.usask.ca

## WHAT IS AN OCCUPATIONAL THERAPIST?

Occupational therapists (OTs) are skilled health-care professionals who use research, culturally sensitive and evidence-based practices to support individuals across their lifespan to participate in valued occupations they want and/or need to do. They work in a wide range of public and private health-care settings including community health centers, Indigenous communities, non-profit organizations, people's homes, industry and business, acute care and rehabilitation hospitals, outpatient clinics, educational facilities, and special care home facilities.

## WHAT IS THE VALUE OF OCCUPATIONAL THERAPY?

OTs assess changes in occupational performance and participation disrupted by aging, injury, trauma, addiction, illness, disability, or due to the social, institutional, or the physical environment. The profession is uniquely qualified to eliminate or minimize barriers to ensure equitable access to meaningful occupational participation that supports independent living, quality of life, and reduces future care needs. OTs are also involved in education, research and policy development in universities, colleges, associations and governments.

## OCCUPATIONAL THERAPISTS PROVIDE:



Pediatric, child, youth and adolescent services to support those experiencing cognitive, mental health and/or physical limitations—supporting participation in activities at home, school, and within the community.



Collaborative care with individuals of all ages to provide cognitive, visual-perceptual and physical rehabilitation (e.g., unique treatment plans for those with lived experience of cancer, stroke, brain injury, trauma, motor vehicle accident).



Mental health and addiction services (e.g., psychosocial interventions, targeted education, life skills, coping and social skills training, organizational skill development, and workplace mental health program development).



Specialty services including: hand therapy, complex wheelchair seating, assistive technology consultation, autism services, end of life care, driver assessments, lymphedema and decongestive therapy, behaviour therapy, low vision services, environmental adaptation, assistive devices provision, cognitive demands analysis, functional capacity evaluation, ergonomic assessments, and job coaching.



Health promotion, chronic disease management, and lifestyle intervention services to prevent future disease and injury when cognitive, mental or physical health is at risk.

## WHAT ARE THE LICENSING REQUIREMENTS?

Occupational therapy is a regulated health profession. To practice in Canada, occupational therapists are required to successfully graduate from an accredited master's-level graduate program, complete over 1000 hours of supervised clinical fieldwork experience, and pass the national licensing exam. To learn more, visit the [Saskatchewan College of Occupational Therapists](#) or the [Canadian Association of Occupational Therapists](#).

## USASK'S OCCUPATIONAL THERAPY PROGRAM\*:

- Targeted to start in the fall of 2026.
- Up to 40 students admitted per year.
- Approx. two-year master's level program.
- Emphasis on the Saskatchewan context.

*\*Pending all required university-level approvals.*



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