

# OCCUPATIONAL THERAPY

School of Rehabilitation Science, College of Medicine

rehabscience.usask.ca

## WHAT IS AN OCCUPATIONAL THERAPIST?

Occupational therapists (OTs) are skilled healthcare professionals who use research, culturally sensitive and evidence-based practices to support individuals across the lifespan participate in occupations and activities they want and/or need to do. They work in a wide range of public and private healthcare 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 as a result of aging, injury, trauma, addiction, illness, disability, or due to social, institutional, or physical environments. OTs are specially trained to reduce or remove barriers so everyone can take part in meaningful activities. OTs are involved in education, research and policy development in universities, colleges, associations and governments.

## OCCUPATIONAL THERAPISTS PROVIDE:



Support to people across the lifespan including those experiencing cognitive, mental health and/or physical limitations, with participation in activities at home, school, and within the community.



Collaborative care 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., building life skills, coping and social skills training, organizational skills development, and workplace mental health programs).



Specialty services including: hand therapy, complex wheelchair seating, assistive technology consultation, autism services, end of life care, driver assessments, behaviour therapy, low vision services, environmental adaptation, access to assistive devices, 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.

## 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 1,000 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:

- 27-month master's level program
- 30 weeks of clinical practice experience
- Up to 40 students admitted per year
- Emphasis on the Saskatchewan context



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