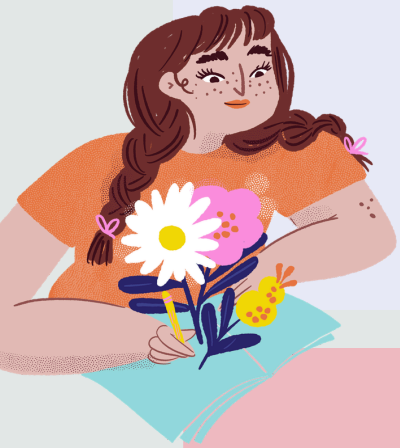
OCCUPATIONAL THERAPY (OT) AS MENTAL HEALTH SUPPORT

OT is rooted in Mental Healthcare

Since it's foundation in the early 1900's, OT has been rooted in the field of mental health. From the beginning, the field of occupational therapy fundamentally believed that engaging in meaningful daily activities (or occupations) promotes health, resilience and well-being. Today, OTs focus on addressing barriers to participation and engagement in activities that promote joy and recovery, thereby supporting wholistic mental health.



What is OT?

- OT is a versatile and holistic profession that can span many different settings, age groups, and diagnosis.
- Engagement in activities that are meaningful to the individual is viewed as both a therapeutic tool and the desired outcome or goal.
- Being able to participate in occupations that promote a sense of meaning or purpose is viewed as an important way to improve overall well-being.

What is an occupation?

In OT, an occupation is not just work, but many different types of activities that occupy our time, minds and bodies. OTs believe that people experience increased well-being when they live lives they find rich, meaningful and purposeful. This means something different for everyone, but all people should be able to participate in activities they want and need to do. Areas of occupation can include self-care, social participation, work, education, play, leisure, sleep and rest, health management, household management, and more .

How will an OT support my Mental Health?

- Promoting my independence and autonomy
- Addressing barriers to social and community participation
- Building healthy routines and lifestyle
- Addressing unmet sensory needs
- Promoting participation in activities you find meaningful through accommodations, modification, and skill development

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Occupational Therapy (OT) at Imagine Your Capacity

OT services at ICC are focused on addressing unqiue barriers to participation associated with living as neurodivergent person in a world built for neurotypical people.

- Sensory assessment
- Environmental assessment of your home, school, workplace or other settings
- Education for yourself or your child on neurodivergent sensory and nervous systems
- Helping you develop routines and a healthy lifestyle that is aligned with your neurotype
- Development of recommendations for accommodations, modifications, or other supports for work, school, or community participation
- Education on your sensory system, nervous system, and strategies to promote quality of life that are specific to Autistic people, ADHDers, and other neurodivergent people.