OCCUPATIONAL THERAPY IN MENTAL HEALTH

Occupational Therapy (OT) involves the therapeutic use of everyday life activities (occupations) with individuals, groups, communities, and populations to optimize independence, quality of life, and participation in valued life roles. VA’s over 2,000 occupational therapists and certified occupational therapy assistants provide Veteran-centric, evidence-based care by addressing the physical, cognitive, psychosocial, and environmental factors that impact Veterans’ function and quality of life. OT works collaboratively with the mental health treatment team to support evidence-based care.

OT Areas in Mental Health

- Ability to live alone
- Wellness and health management
- Sensory integration and processing
- Ability to care for yourself and others
- Role development during transition
- Pain rehabilitation
- Functional cognition
- Community living
- Community mobility and driving
- Vocation/avocation skill development

Ask for OT!

For more information at: https://www.prosthetics.va.gov/pmrs/Occupational_Therapy.asp

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