

# WHAT IS OCCUPATIONAL THERAPY?

Occupational therapy is a science-driven evidence-based profession that enables people of all ages to participate in daily living or live better with injury, illness, or disability. This is accomplished through designing strategies for everyday living and customizing environments to develop and maximize potential.

By taking the full picture into account—a person's psychological, physical, emotional, and social make-up—occupational therapy assists people in:

- Achieving their goals
- Functioning at the highest possible level
- Concentrating on what matters most to them
- Maintaining or rebuilding their independence
- Participating in the everyday activities that they need to do or that simply make life worth living

Occupational therapists and occupational therapy assistants are experts in helping people perform the occupations they need and want to do every day.



*For more information please visit [www.aota.org](http://www.aota.org)*



# OCCUPATIONAL THERAPY PERFORMANCE SKILLS

Occupational therapists evaluate and analyze the performance skills of different types of clients:

## TYPES OF PERFORMANCE SKILLS



### MOTOR SKILLS

How a person moves their body parts & interacts with objects during activities.

Examples include:

- Positioning the body
- Obtaining and manipulating objects
- Moving self and objects
- Sustaining performance



### PROCESS SKILLS

How a person thinks and plans in order to perform activities.

Examples include:

- Applying knowledge
- Timing actions
- Organizing space & objects
- Adapting performance



### SOCIAL INTERACTION

How a person communicates using verbal and nonverbal abilities.

Examples include:

- Initiating & terminating exchanges
- Adapting style to fit different social interactions
- Asking & answering questions
- Expressing emotions

**Occupational  
Therapy**

Empowering  
Everyday Living

#OTMonth

aota.org

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# April is Oral Cancer Awareness Month

Regular oral cancer examinations performed by your oral health professional remain the best method for detecting oral cancer in its early stages.



## Be Mindful of Symptoms: Public Urged to “Check Your Mouth”



For the fourth straight year, the efforts of the Foundation and the dental associations cited above will be bolstered by the Oral Cancer Foundation’s Check Your Mouth™ initiative ([www.checkyourmouth.org](http://www.checkyourmouth.org)).

Check Your Mouth encourages the public to regularly check for signs and symptoms of oral cancer between dental visits at home, and to see a dental professional if they do not improve or disappear after two or three weeks.