

# OCCUPATIONAL THERAPIST



## WHAT THEY DO

Occupational therapists (also known as OTs) help people function so they can participate in meaningful daily activities and maximize their independence. Examples of activities that an OT can assist with are: bathing, eating, grooming, dressing, cooking, driving, cleaning, working, leisure and learning.

OTs are trained in physical and mental health and they care for patients with injury, illness, disability, or psychological dysfunction. Occupational therapists identify why some activities are difficult for a patient and work with the patient to find a solution. They work with patients of all ages, but often specialize certain age groups (i.e., children, seniors).

## HOW THEY WORK

Occupational therapists work in a variety of settings, including primary care networks, hospitals, group homes, supportive living and long-term care facilities, mental health and addiction centres, and home care. They can also work with children's services, schools, Veteran's Affairs, Indigenous communities, worker's compensation boards, companies, recreation centres, and correctional institutions. Although they often work one-on-one with patients, occupational therapists also work in partnership with other therapists, nurses, physicians, educators and employers.

## TRAINING

To become an OT, you must complete a Master of Science degree specializing in occupational therapy. The University of Alberta is the only Alberta-based Occupational Therapist training program. Occupational Therapists are regulated by the Alberta College of Occupational Therapy.

Occupational Therapists in Alberta (CIHC 2019 Fact Sheet)	
Proportion of Internationally educated	7.4%
Proportion of:	
Females	90.0%
Males	10.0%
<b>Supply</b>	<b>2235</b>
<b>% change since 2018</b>	<b>+1.1</b>
<b>Rate per 100,000 population</b>	<b>39.5</b>
<b>Working in:</b>	
Urban settings	77.0%
Rural/remote settings	5.5%
Not stated	17.5%
<b>Employment settings</b>	
Hospital	35.2%
Community Health	44.0%
Nursing home/LTC	5.7%
Other	15.2%

## VIDEO:

[AHS Career profile has a video](#)

## RESOURCES

### REGULATORY BODY:

[Alberta College of Occupational Therapists https://acot.ca/](https://acot.ca/)

### ALBERTA ALIS PROFILE:

<https://alis.alberta.ca/occinfo/occupations-in-alberta/occupation-profiles/occupational-therapist/>

### AHS CAREER PROFILE:

<https://www.albertahealthservices.ca/careers/Page11750.aspx>