

April is OT Month!

Hug Your Favorite PAC OT!

by Deborah Tyler

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PAC will be hosting an exhibit table in April at the annual national conference in Salt Lake City! We are excited about making connections with a multitude of new and seasoned Occupational Therapists!



What do Occupational Therapists do?

In its simplest terms, occupational therapists and occupational therapy assistants help people of all ages participate in the things they want and need to do through the therapeutic use of everyday activities (occupations). Unlike other professions, occupational therapy helps people function in all of their environments (e.g., home, work, school, community) and addresses the physical, psychological, and cognitive aspects of their well-being through engagement in occupation.

OT and Productive Aging — Occupational therapy practitioners address all aspects of aging, from wellness strategies to treatment. With a focus on function, occupational therapy practitioners help keep older adults independent and safe, reducing health care costs associated with hospitalization and institutional care.

Enhancing function, promoting relationships and social participation, and finding ways for those with dementia to enjoy life are the keys to successful occupational therapy intervention (Schaber & Lieberman, 2010). Providing education and support for the family, care providers, and clients, and promoting the person's strengths, will ensure that those with dementia and their care providers have the support needed to live life to its fullest.

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For more information about the conference, click [here](#)!