

April 21, 2011

## National Occupational Therapy Month



*Carlsbad Medical Center recognizes National Occupational Therapy Month. Occupational Therapy is provided at CMC on an inpatient and outpatient basis. Pictured are, l-r: Tammy Clifton, OTR (Occupational Therapist, Registered); Ada Dunn, COTA (Certified Occupational Therapist Assistant); and Brian Bautista, OTR.*

Occupational therapy enables people of all ages live life to its fullest by helping them promote health, prevent—or live better with— injury, illness, or disability. It is a practice deeply rooted in science and is evidence-based, meaning that the plan designed for each individual is supported by data, experience, and “best practices” that have been developed and proven over time.

When working with an occupational therapy practitioner, strategies and modifications are customized for each individual to resolve problems, improve function, and support everyday living activities. The goal is to maximize potential. Through these therapeutic approaches, occupational therapy helps individuals design their lives, develop needed skills, adjust their environments (e.g., home, school, or work) and build health-promoting habits and routines that will allow them to thrive.

By taking the full picture into account—a person’s psychological, physical, emotional, and social makeup as well as their environment—occupational therapy assists clients to do the following:

- Achieve goals
- Function at the highest possible level
- Concentrate on what matters most to them
- Maintain or rebuild their independence
- Participate in daily activities that they need or want to do.

To find out more information about how Occupational Therapy can help you or a loved one, call CMC’s Rehabilitation Therapy Services at 885-1814 or visit [www.carlsbadmedicalcenter.com](http://www.carlsbadmedicalcenter.com). Rehabilitation Therapy Services is located at 1034 N. Spring Street.

Founded in 1917, the **American Occupational Therapy Association (AOTA)** represents the interests and concerns of more than 140,000 occupational therapists, assistants and students nationwide. The Association educates the public and advances the profession of occupational therapy by providing resources, setting standards including accreditations and serving as an advocate to improve health care. Based in Bethesda, Md., AOTA’s major programs and activities are directed toward promoting the professional development of its members and assuring consumer access to quality services so patients can maximize their individual potential. For more information, go to [www.aota.org](http://www.aota.org).