Living Life To Its Fullest

Promote ALL that we do as occupational therapy practitioners to help people LIVE LIFE TO ITS FULLEST

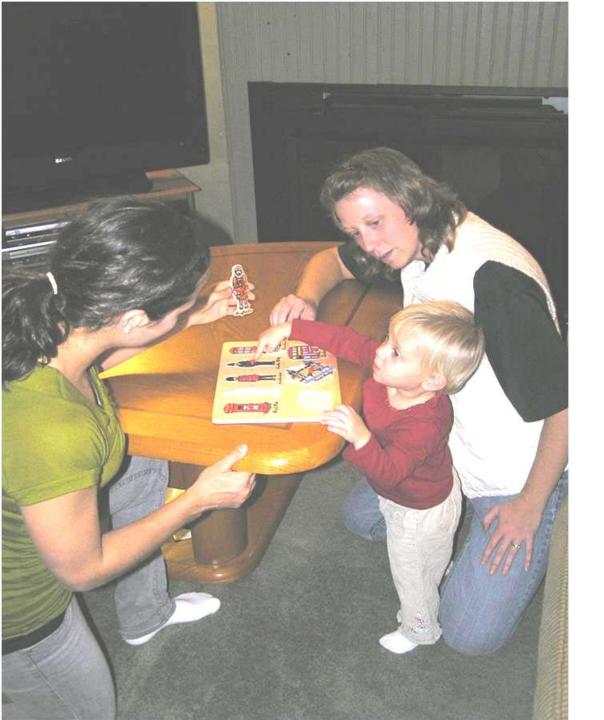
Why promote OT?

AOTA Centennial Vision
"We envision that occupational therapy is a powerful, widely recognized, science-driven, and evidence-based profession with a globally connected and diverse workforce meeting society's occupational needs."

How can I take responsibility and help to promote OT?

HOW do I explain what OT is?

Describe what you do.



Children and Youth

"Today I coached a mother in helping her child play with a toy in a different way to strengthen new muscles. I focus on the whole family so they can support her development every day, not just when I'm there. I am an OT practitioner."



Mental Health

"Today I led a cooking group for adults in a community mental health clinic. We practice working together towards a concrete goal and building healthy habits. This activity will help these adults work towards their goals of living independently. I am an OT practitioner."



"Today I taught hip precautions to a client who had a total hip replacement. With this information he will be able to bathe and dress safely while continuing to heal properly. I am an OT practitioner."



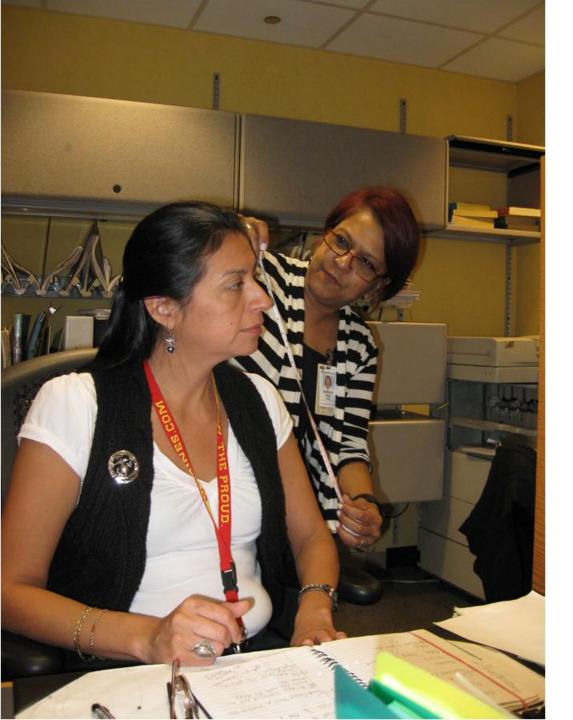
Health and Wellness

"Today I ran an educational session on maintaining healthy backs in the workplace. This program educated workers on proper sitting and lifting techniques, and the prevention of injuries on the job. I am an OT practitioner."



Research and Education

"Today I shared my research about health literacy with colleagues at a state conference. They will use this evidence to inform their practice and make sure all materials they distribute are easy to read and understand. I am an OT practitioner."



Work/Industry

"Today I measured and set up a home workstation for a woman who runs her own marketing company. She will now be able to run her business without neck and back pain. I am an OT practitioner."



"Today I discharged a college student who was working on increasing his range of motion and hand strength after a wrist fracture. Now he is able to hold a pen and take notes in class. I am an OT practitioner." We invite you to use the professional commitment worksheet with your colleagues to explore the importance of promoting occupational therapy.

What's your elevator speech?

Living Life To Its Fullest

PowerPoint created in 2010 for the American Occupational Therapy Association by Priya Bhasin, Gina Blaauw, Matthew Lynch, Carol Dunnington, and Joanna Swanton, occupational therapy students at the University of Illinois at Chicago.