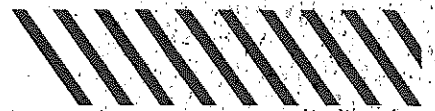




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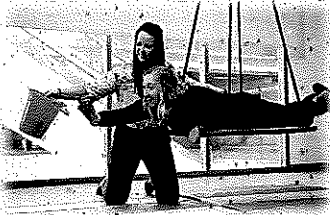


# Occupational Therapy

## What is an Occupation?

An **occupation** is any meaningful, goal-directed, or purposeful activity.

Examples of occupations: getting dressed, driving, eating, socializing, doing school work, playing a sport, combing hair, working, cleaning the house, mowing the lawn, singing, writing, shopping...



Images Used with Permission

## What do Occupational Therapists do?

\*They help people **improve their abilities** to participate in meaningful occupations.

AND/OR

\*Help people **adapt the way they perform** meaningful occupations.

## Who do Occupational Therapists work with?

Babies

Children

Adolescents

Adults

Older Adults

## Where do Occupational Therapists work?

Schools

Hospitals

Nursing Homes

Clinics

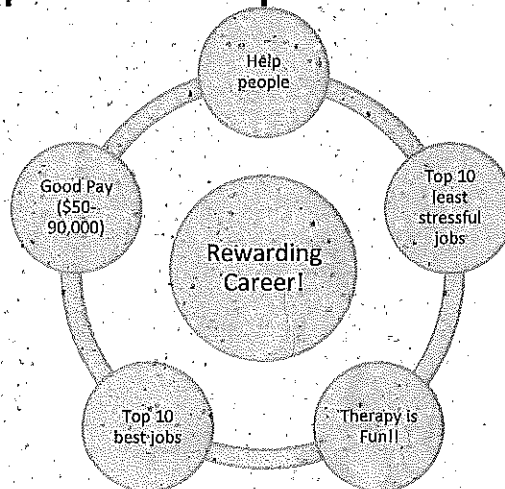
Home/Health

College/Universities

Behavioral Health

Community

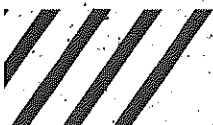
## Why become an Occupational Therapist?



## How to prepare to become an Occupational Therapist

**Classes** in sciences, psychology, sociology. **Volunteer** in OT settings and community. **Work** in service-related positions. **Leadership** in extracurricular activities and community services/events

UND Occupational Therapy 701-777-2209 or <https://und.edu/programs/occupational-therapy-otd/index.html>





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