

We are Occupational Therapy

Occupational therapy starts with you.
Embracing our "it" factors empowers us to amplify our distinct value.

Every age.
Every stage.
Every context.

It's in Our DNA

Occupational therapy is life. We have the training and expertise to address society's growing needs through health, well-being, executive function, and engagement.

(OTA, 2020)

It's Our Purpose

We know how to connect occupations to physical, emotional, and cognitive health. We are positioned to advocate for individuals, address social drivers of health, and fill in the gaps through holistic and purpose-driven care.

It's Our Core Values

Our beliefs are rooted in occupation. We recognize the vital connection between mind, body, and spirit on engagement in daily life.

(OTA, 2020)

It's in Our Roots

Our academic, training, and skill preparation allow us to focus on broad essential areas — mental and behavioral health, cognitive status, and cultural dynamics for individual, community, and population health.

It's Our Impact

We are always in pursuit of occupation-based and client-centered practice across contexts. Viewing the whole person's cognitive, mental health and well-being, and physical needs.

It's Our Time to Grow & Integrate

Through our occupational focus, we are poised to innovate, evolve, and address social determinants (drivers) of health and functional cognition in our practice to influence and expand our role in health systems and policies.

We share the same roots, but there is a branch for all practitioners in all practice settings.