

**DEFINITIONS OF OCCUPATIONAL THERAPY**

**from**

**MEMBER ORGANISATIONS**

This document includes the World Federation of Occupational Therapists (WFOT) Definition of Occupational Therapy (2012) and Statement on Occupational Therapy (2010). It also includes the definitions of occupational therapy from WFOT Member Organisations. WFOT requests updates from Member Organisations once every two years. The next request will be made in 2019

Member Organisations can provide updates at anytime, please contact the WFOT Secretariat [admin@wfot.org](mailto:admin@wfot.org)

**Revised 2010**  
**Revised October 2013**  
**Revised June 2017**

## Contents

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<i>Countries</i>	<i>Language</i>	<i>Updates received</i>
Argentina	Spanish, English	05/2017
Australia	English	12/2015
Austria	German	12/2015
Armenia	No definition	
Bangladesh	English	05/2017
Belgium	French, Dutch, English	08/2009
Bermuda***	English	05/2017
Brazil	Portuguese, English	05/2017
Bulgaria	No definition	
Canada	English	04/2017
Chile	English	03/1998
Colombia	Spanish, English	05/2017
Costa Rica	No definition	
Croatia	Croatian, English	05/2017
Cyprus	No definition	
Czech Republic	Czech	04/2017
Denmark	Danish, English	04/2017
Dominican Republic	No definition	
Estonia	Estonian	05/2017
Faroe Island	English	11/2015
Finland	Finnish, English	05/2017
France	French	11/2015
Georgia	Georgian, English	05/2017
Germany	German, English	04/2017
Ghana	No definition	
Greece	No definition	09/2009
Haiti	No definition	
Hong Kong	No definition	
Iceland	Icelandic, English	12/2002
India	English	04/2017
Indonesia	No definition	
Iran	No definition	
Ireland*	English	05/2017
Israel	English	04/2017
Italy	Italian, English	05/2017
Japan	English, Japanese	08/2013
Jordan	English, Arabic ( <i>scanned</i> )	04/2017
Kazakhstan	No definition	
Kenya	English	08/2013
Korea (Republic)	English, Korean	05/2017
Latvia	Latvian, English	04/2017
Lithuania	Lituanian	06/2017
Luxembourg	French	04/2017
Macau	No definition	
Madagascar	No definition	
Malawi	No definition	
Malaysia	Malay, English	06/2017
Malta	English	04/1998
Mauritius	English	12/2002
Mexico	No definition	
Namibia	English	07/2007
Netherlands	Dutch, English	04/2017
New Zealand	English	04/2017
Nigeria	English	03/2005
Norway	Norwegian	11/2002
Pakistan	No definition	

Palestine	No definition	
Panama	No definition	05/2017
Peru	No definition	
Philippines	No definition	
Portugal	Portuguese, English	04/2017
Romania*	English	
Russia*	Russian	04/2017
Rwanda	No definition	
Saudi Arabia	No definition	
Seychelles	English, Creole	04/2017
Singapore	English	05/2017
Slovenia*	English, Slovene	05/2017
South Africa	English	05/2017
Spain	Spanish, English	02/2017
Sri Lanka	No definition	
Sweden	English	04/2017
Switzerland	German, French, Italian, English	04/2017
Taiwan (ROC)	English, Chinese ( <i>scanned</i> )	05/2017
Tanzania	No definition	
Thailand	Thai, English	04/2017
Trinidad & Tobago	No definition	
Tunisia	French, Arabic	05/2017
Turkey	No definition	
Uganda	English, Luganda	11/2002
United Kingdom	English	09/2009
United States of America	English	05/2005
Venezuela	Spanish, English	08/2013
Zambia	No definition	
Zimbabwe	No definition	

\* Uses WFOT Definition

#### Regional and Contributing Members

Arabic Occupational Therapists Regional Group (AOTRG)	No definition
Asia Pacific Occupational Therapists Regional Group (APOTRG)	No definition
Association of Caribbean Occupational Therapists (ACOT)	No definition
Confederacion LatinoAmericana De Terapeutas Ocupacionales (CLATO)	No definition
Council of Occupational Therapists for the European Countries (COTEC)	No definition
Kuwait Group	No definition
Occupational Therapy Africa Regional Group (OTARG)	No definition

**World Federation of Occupational Therapists**

**Definition of Occupational Therapy**

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Occupational therapy is a client-centred health profession concerned with promoting health and wellbeing through occupation. The primary goal of occupational therapy is to enable people to participate in the activities of everyday life. Occupational therapists achieve this outcome by working with people and communities to enhance their ability to engage in the occupations they want to, need to, or are expected to do, or by modifying the occupation or the environment to better support their occupational engagement.

*(WFOT 2012)*

**World Federation of Occupational Therapists**

**Statement on Occupational Therapy**

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Occupational therapy is a client-centred health profession concerned with promoting health and well being through occupation. The primary goal of occupational therapy is to enable people to participate in the activities of everyday life. Occupational therapists achieve this outcome by working with people and communities to enhance their ability to engage in the occupations they want to, need to, or are expected to do, or by modifying the occupation or the environment to better support their occupational engagement.

Occupational therapists have a broad education in the medical, social behavioural, psychological, psychosocial and occupational sciences which equips them with the attitudes, skills and knowledge to work collaboratively with people, individually or in groups or communities. Occupational therapists can work with all people, including those who have an impairment of body structure or function owing to a health condition, or who are restricted in their participation or who are socially excluded owing to their membership of social or cultural minority groups.

Occupational therapists believe that participation can be supported or restricted by the physical, affective or cognitive abilities of the individual, the characteristics of the occupation, or the physical, social, cultural, attitudinal and legislative environments. Therefore, occupational therapy practice is focused on enabling individuals to change aspects of their person, the occupation, the environment, or some combination of these to enhance occupational participation.

Occupational therapy is practised in a wide range of public, private and voluntary sector settings, such as, the person's home environment; schools; workplaces; health centres; supported accommodation; housing for seniors; rehabilitation centres; hospitals; and forensic services. Clients are actively involved in the occupational therapy process. The outcomes are client-driven and diverse and measured in terms of participation, satisfaction derived from occupational participation and / or improvement in occupational performance. The majority of countries regulate occupational therapy as a health profession and require specific university level education.

*WFOT 2010*

**Asociacion Argentina de Terapistas Ocupacionales**  
(Argentina)

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La Terapia Ocupacional es una profesión que brinda respuesta a personas, grupos y/o comunidades que presentan dificultades permanentes o transitorias para desarrollar las ocupaciones inherentes a su proyecto de vida.

"Occupational Therapy is a profession that provides response to individuals, groups and/or communities that present permanent or temporary difficulties to develop the occupations inherent to their life project."

*May 2017*

Occupational therapy is a client-centred health profession concerned with promoting health and well-being through occupation. The primary goal of occupational therapy is to enable people to participate in the activities of everyday life. Occupational therapists achieve this outcome by working with people and communities to enhance their ability to engage in the occupations they want to, need to, or are expected to do, or by modifying the occupation or the environment to better support their occupational engagement.  
(WFOT 2012)

### **Reflections on Occupation**

Occupation is simple and intuitive to the experience of all humans...  
the things we do in our life roles  
the things we do to be who we are  
the things we do to create life and world into all it can become  
...however the finer details reveal there is more to occupation than meets the eye!

### **Occupation is. . .**

#### **Subjectively experienced**

to one person the occupation of "shopping" feels like "a real chore", to another it's "fun", to yet another it's "a chance to relax". Activity can be classified into cultural categories such as "work", but each occupation is experienced as blend of productivity, pleasure and restoration

#### **Situated in time**

the meaning and function of occupation vary according to its location in the stream of time. Consider the meanings of a "shopping" occupation for an individual over time - shopping for lollies as a kid, shopping after a first pay check and shopping with a wheel chair for the first time

#### **Universal**

Time and culture influence which occupations are meaningful and adaptive, however that humans have used occupation to survive, thrive, healing and health promotion is evident since the dawn of time

*December 2015*

## Ergotherapie Austria (Austria)

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Die Ergotherapie – abgeleitet vom Griechischen „ergein“ (handeln, tätig sein) – geht davon aus, dass „tätig sein“ ein menschliches Grundbedürfnis ist und dass gezielt eingesetzte Tätigkeit gesundheitsfördernde und therapeutische Wirkung hat. Deshalb unterstützt und begleitet Ergotherapie Menschen jeden Alters, die in Ihrer Handlungsfähigkeit eingeschränkt oder von Einschränkung bedroht sind und/oder ihre Handlungsfähigkeit erweitern möchten.

Ziel der Ergotherapie ist es, Menschen bei der Durchführung von für sie bedeutenden Betätigungen in den Bereichen Selbstversorgung, Produktivität und Freizeit/Erholung in ihrer Umwelt zu stärken.

In der Ergotherapie werden spezifische Aktivitäten, Umwelthanpassungen und Beratung gezielt und ressourcenorientiert eingesetzt. Dies erlaubt dem Klienten, seine Handlungsfähigkeit im Alltag, seine gesellschaftliche Teilhabe (Partizipation) und seine Lebensqualität und- zufriedenheit zu verbessern.

"DACHS- Definition" der Ergotherapie, Stand 6.2.2007, <http://www.dachs.it/de/kap-1.php>

*December 2015*

**Bangladesh Occupational Therapy Association**  
(Bangladesh)

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Occupational Therapy is a health care profession that provides services to people whose ability to function in daily life has been disrupted. Purposeful activity, therapeutic exercise, special equipment, skills training and environmental modifications are used to maximise the person's ability to attain independence in everyday living."

For more information please visit our official website: [www.botabd.netfirms.com](http://www.botabd.netfirms.com)

*May 2005*



**F.N.B.E. - N.B.F.E**  
**Federation Nationale Belge des Ergotherapeutes**  
**Nationale Belgische Federatie van de Ergotherapeuten**  
(Belgium)

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L'ergothérapeute est le paramédical qui accompagne les personnes présentant un dysfonctionnement physique, psychique et/ou social en vue de leur permettre d'acquérir, de recouvrer ou de conserver un fonctionnement optimal dans leur vie personnelle, leurs occupations professionnelles ou la sphère de leurs loisirs, par l'utilisation d'activités concrètes, s'y rapportant et tenant compte de leurs potentialités et des contraintes de leur environnement.

De ergotherapeut is de paramedicus die mensen met fysieke, psychische en/of sociale dysfuncties begeleidt met oog op het bevorderen, terugwinnen, en/of in stand houden van het zo zelfstandig mogelijk functioneren in hun persoonlijk leef-, werk- en ontspanningssituatie, via concrete activiteiten daaraan ontleend en rekening houdend met hun draagkracht en de draaglast vanuit hun omgeving.

The occupational therapist is the paramedical who assists patients suffering from a physical, psychic and/or social disability, in order to allow them to acquire, recover or maintain an optimum ability for performing functions required in their daily life, their professional occupations or their sphere of leisure, by using concrete related activities and taking into account the patients potentialities as well as the constraints of their environment.

*August 2009*

**Bermuda Occupational Therapy Association**  
(Bermuda)

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Occupational therapy is a client-centred health profession concerned with promoting health and well-being through occupation. The primary goal of occupational therapy is to enable people to participate in the activities of everyday life. Occupational therapists achieve this outcome by working with people and communities to enhance their ability to engage in the occupations they want to, need to, or are expected to do, or by modifying the occupation or the environment to better support their occupational engagement.

*(WFOT 2012)*

An occupational therapist is a person skilled in the assessment and treatment of individuals who are limited by physical injury or illness, psychosocial dysfunction, developmental or learning disabilities, or the aging process, through the use of purposeful activity and adaptive equipment and technology in order to maximize independence, prevent disability and maintain health.

*May 2017*

**Associação Brasileira dos Terapeutas Ocupacionais (ABRATO)**  
(Brazil)

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É um campo de conhecimento e de intervenção em saúde, educação e na esfera social, reunindo tecnologias orientadas para a emancipação e autonomia de pessoas que, por razões ligadas a problemática específica (físicas, sensoriais, mentais, psicológicas e ou sociais), apresentam temporária ou definitivamente dificuldade na inserção e participação na vida social. As intervenções em Terapia Ocupacional dimensionam-se pelo uso da atividade, elemento centralizador e orientador, na construção complexa e contextualizada do processo terapêutico.

(Definição elaborada pelo Curso de Terapia Ocupacional da Faculdade de Medicina da Universidade de São Paulo, 1997.)

Occupational Therapy is a field of knowledge and intervention in health, education, and in the social sphere, bringing together technologies oriented to the emancipation and autonomy of people who, for reasons related to specific problems (physical, sensorial, mental, psychological, and/or social), present temporary or permanent difficulties in inclusion and participation in social life. The interventions in Occupational Therapy are dimensioned by the use of the activity, a centralizing and guiding element, in the complex and contextualized construction of the therapeutic process.

Definition elaborated by the Occupational Therapy Programme of the University of São Paulo in 1997.

Translated by Michelle Selma Hahn in March 2003 and reviewed by Sandra M. Galheigo in 2017.

*May 2017*

**Canadian Association of Occupational Therapists**  
(Canada)

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Occupational therapy is the art and science of enabling engagement in everyday living, through occupation; of enabling people to perform the occupations that foster health and well-being; and of enabling a just and inclusive society so that all people may participate to their potential in the daily occupations of life (Townsend & Polatajko, 2013, p. 380).

Occupational therapists are highly trained health-care professionals. Effective 2008, entry level education requirements in Canada include a professional Master's degree in occupational therapy.

Occupational therapists define an *occupation* as much more than a chosen career. Occupation refers to everything that people do during the course of everyday life. Each of us has many occupations that are essential to our health and well-being. Occupational therapists believe that occupations describe who you are and how you feel about yourself. A child, for example, might have occupations as a student, a playmate, a dancer and a table-setter.

### **Responsibilities/Activities**

Occupational therapists use a systematic approach based on evidence and professional reasoning to enable individuals, families, groups, communities, organizations, or populations to develop the means and opportunities to identify and engage in the occupations of life. This collaborative process involves assessing, planning, implementing, monitoring, modifying and evaluating the client in relation to occupational engagement in self-care, work, study, volunteerism and leisure. Occupational therapists use key enablement skills such as adaptation, advocacy, coaching, collaboration, consultation, coordination, designing/building, educating, engaging and specializing to enable occupation. Occupational therapists may assume different roles such as advising on; health risks in the workplace, safe driving for older adults, or programs to promote mental health for youth. Occupational therapists also perform functions as managers, researchers, program developers, educators, and practice scholars in addition to the direct delivery of professional services.

### **Practice Settings**

Occupational therapists are generally employed in community agencies, health care organizations such as hospitals, chronic care facilities, rehabilitation centres and clinics, schools, social agencies, industry, or are self-employed. Some occupational therapists specialize in working with clients within a specific age group or disability such as those with arthritis, developmental coordination disorder, mental illness, or spinal cord injury.

### **Scope of Practice**

Scope of practice for occupational therapy is determined by provincial acts. Please contact provincial regulatory body(ies) for more information. A full listing of provincial occupational therapy regulatory bodies can be found at <http://www.acotro-acore.org/>

CAOT has two important documents that may help therapists define scope of practice. The first document is the ***Profile of Occupational Therapy Practice in Canada*** (2007). The *Profile of Occupational Therapy Practice in Canada* reflects current evidence in the areas of competency and occupational therapy practice and integrates new information and models within a continuum of skills and knowledge needed by the occupational therapy workforce to meet health needs. *The Profile* identifies the seven main roles of occupational therapists as a/n:

1. Expert in enabling occupation
2. Communicator
3. Collaborator
4. Practice manager
5. Change agent
6. Scholarly practitioner and
7. Professional

The second document to consult regarding occupational therapy's scope of practice is the latest set of guidelines for occupational therapy in Canada entitled, *Enabling Occupation II: Advancing a Vision of Health, Well-being and Justice through Occupation* (Townsend & Polatajko, 2013). This text states that occupational therapy is necessary when engagement in the occupations of everyday living becomes a challenge and that there are five essential elements to occupational therapy (as an expert in enabling occupation). All five essential elements should be present in all occupational enablement practices in the direct delivery of professional services to qualify as occupational therapy. The essential elements of occupational therapy practice are:

1. Presence of an occupational challenge
2. Possibility of solutions that enable occupation
3. Client-specific goals/challenges/solutions and client-centred enablement
4. Multidisciplinary knowledge base
5. A reasoning process that can deal with complexity

#### References

Canadian Association of Occupational Therapists. (2012). *Profile of occupational therapy practice in Canada*. Ottawa, ON: CAOT.

Townsend, E.A. & Polatajko, H. J. (2013). *Enabling occupation II: Advancing an occupational therapy vision for health, well-being & justice through occupation*. Ottawa, ON: CAOT.

April 2017

Occupational therapy is a discipline of health field whose purpose of study is human occupation in all stages of life.

Human occupation includes all the activities of everyday life in which persons of any age are involved and it allow them to adapt themselves to their environment, to be productive and to obtain satisfactions in their autonomy, work and use of free time.

*March 1998*

**Colegio Colombiano de Terapia Ocupacional**  
(Colombia))

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*DEFINICIÓN.* La Terapia Ocupacional es una profesión liberal de formación universitaria que aplica sus conocimientos en el campo de la seguridad social y la educación y cuyo objetivo es el estudio de la naturaleza del desempeño ocupacional de las personas y las comunidades, la promoción de estilos de vida saludables y la prevención, tratamiento y rehabilitación de personas con discapacidades y limitaciones, utilizando procedimientos de acción que comprometen el autocuidado, el juego, el esparcimiento, la escolaridad y el trabajo como áreas esenciales de su ejercicio.

Titulo I, Capitulo I- Ley 949 de 2005, Diario Oficial No. 45.853 de 17 de marzo de 2005

Occupational Therapy is a liberal university-level profession that applies its knowledge in the field of social security and education, and aims to study: the nature of occupational performance of individuals and communities; the promotion of healthy life styles; and the prevention, promotion, intervention and rehabilitation for people with disabilities and impairments, through the use of processes pertaining to self-care, play, leisure, schooling, and work as essential areas of its professional scope.

Title I, Chapter I- Law 949 of 2005, Official record No. 45.853, 17 de marzo de 2005  
Colombia

*May 2017*

## Hrvatska udruga radnih terapeuta (Croatia)

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Radna terapija jest zdravstvena djelatnost čiji je cilj omogućiti pojedincima i skupinama postizanje optimalnog funkcioniranja u aktivnostima dnevnog života koje uključuju samozbrinjavanje, produktivnost i slobodno vrijeme.

Radna terapija je namijenjena osobama čije su sposobnosti obavljanja svakodnevnih aktivnosti umanjene razvojem, ozljedom ili bolešću, starenjem, psihološki, socijalno, kulturno, ili kombinacijom navedenog.

Djelatnost radne terapije obuhvaća:

- radno-terapijsku procjenu i analizu izvođenja aktivnosti dnevnog života koje obuhvaćaju područje samozbrinjavanja, produktivnosti i aktivnosti slobodnog vremena,
- radno-terapijsku procjenu i analizu senzomotoričkih, kognitivnih i psihosocijalnih sposobnosti te njihov utjecaj na izvođenje aktivnosti dnevnog života,
- radno-terapijsku procjenu i analizu stambenog, radnog i društveno-kulturološkog okruženja u kojem se odvijaju svakodnevne aktivnosti,
- promicanje, uspostavljanje, obnavljanje, održavanje i /ili modificiranje izvođenja aktivnosti samozbrinjavanja (hranjenje, oblačenje, osobna higijena, kupanje, funkcionalna mobilnost),
- promicanje, uspostavljanje, obnavljanje, održavanje i /ili modificiranje izvođenja produktivnih aktivnosti (aktivnosti u kućanstvu i zajednici, profesionalne uloge i zadaci, briga o drugima, volonterski rad),
- promicanje, uspostavljanje, obnavljanje, održavanje i /ili modificiranje izvođenja aktivnosti slobodnog vremena (igra, razonoda, hobiji, rekreacija i odmor),
- promicanje, uspostavljanje, obnavljanje i održavanje senzomotoričkih, kognitivnih i psihosocijalnih komponenti aktivnosti upotrebom različitih terapijskih pristupa, metoda i tehnika,
- prilagođavanje stambenog, radnog i društvenog okruženja sposobnostima i potrebama pojedinca,
- savjetovanje i edukaciju pojedinca, skupina, članova obitelji, stručnjaka, studenata i drugih osoba,
- mjerenje ishoda radnoterapijske intervencije,
- vođenje radnoterapijske dokumentacije,
- planiranje i provedbu istraživanja o utjecaju svakodnevnih aktivnosti na unapređenje zdravlja i kvalitete života s ciljem razvijanja radnoterapijske prakse zasnovane na dokazima.

Zakon o djelatnostima u zdravstvu (NN 87/09)

Occupational therapy is a health profession whose goal is to enable individuals and groups to achieve optimal functioning in activities of daily living including self-care, productivity and leisure.

Occupational Therapy is intended for people whose abilities of performing activities of self-care, productivity and leisure are reduced or impaired by development, physical injury or illness, old age, psychologically, socially or culturally or by combination of the mentioned.

Activities of occupational therapy include:

- occupational therapy assessment and analysis of the performance of activities of daily living which include self-care, productivity and leisure time activities,
- occupational therapy evaluation and analysis of sensory-motor, cognitive and psychosocial skills and their impact on the performance of activities of daily living,
- occupational therapy evaluation and analysis of housing, employment and socio-cultural environment in which everyday activities are taking place,
- promotion, establishment, restoration, maintenance and / or modification of the performance of self-care activities (feeding, dressing, personal hygiene, bathing, functional mobility),
- promotion, establishment, restoration, maintenance and / or modification of the performance of productive activities (activities in the household and community, professional roles and tasks, caring, voluntary work),
- promotion, establishment, restoration, maintenance and / or modification of performance of leisure time activities (play, recreation, hobbies, recreation and leisure),
- promotion, establishment, restoration and maintenance of sensory-motor, cognitive and psychosocial components of activities using different therapeutic approaches, methods and techniques,
- adaptation of housing, employment and social environment, in tune with needs and abilities of the individual,



- counselling and education of individuals, groups, family members, professionals, students and other persons,
- measuring occupational therapy intervention outcomes,
- occupational therapy documentation,

Law on health care professionals (Official Gazette 87/09)

*May 2017*

## **Czech Association of Occupational Therapists**

Česká Asociace Ergoterapeutů  
(Czech Republic)

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Ergoterapie je profese, která prostřednictvím smysluplného zaměstnávání usiluje o zachování a využívání schopností jedince potřebných pro zvládnutí běžných denních, pracovních, zájmových a rekreačních činností u osob jakéhokoli věku s různým typem postižení (fyzickým, smyslovým, psychickým, mentálním nebo sociálním znevýhodněním). Podporuje maximálně možnou participaci jedince v běžném životě, přičemž respektuje plně jeho osobnost a možnosti.

Pro podporu participace jedince využívá specifické metody a techniky, nácvik konkrétních dovedností, poradenství či přizpůsobení prostředí.

Pojmem „zaměstnávání“ jsou myšleny veškeré činnosti, které člověk vykonává v průběhu života a jsou vnímány jako součást jeho identity. Primárním cílem ergoterapie je umožnit jedinci účastnit se zaměstnávání, které jsou pro jeho život smysluplné a nepostradatelné.

*April 2017*

### **Definition af ergoterapi som velfærdsydelse**

Ergoterapi er at muliggøre aktivitet og deltagelse i hverdagslivet for det enkelte menneske og grupper af mennesker.

Ved hverdagslivets aktiviteter forstås gøremål, der for den enkelte er meningsfulde eller nødvendige, og som relaterer sig til dagligdagen, arbejds- og fritidsliv samt involvering i samfundslivet.

I ergoterapi anvendes meningsfulde aktiviteter som middel og mål til at fremme sundhed, forebygge og rehabilitere funktionsevnedssættelser og aktivitetsbegrænsninger samt vurdere, genskabe og udvikle menneskets mulighed for deltagelse i hverdagslivet.

### **Definition af ergoterapi som profession**

Ergoterapi er en profession i social- og sundhedsvæsenet, der praktiseres på baggrund af en professionsbachelorgrad og Sundhedsstyrelsens autorisation.

Ergoterapi udøves ud fra en forebyggende, habiliterende og rehabiliterende målsætning i samarbejde med målgrupper, der har aktivitetsproblemer i deres hverdag.

Ergoterapeuter anvender viden og metoder til at skabe sammenhæng mellem personer, deres aktiviteter og omgivelser, med henblik på at muliggøre aktivitetsudøvelse og deltagelse, fordi aktivitet og deltagelse fremmer sundhed og et godt liv.

### **Definition of Occupational Therapy as a Social Welfare Service**

Occupational therapy is a question of promoting activity and participation in everyday activities for individuals and groups of people.

By 'activities of everyday life' is meant pursuits that are meaningful or necessary for the individual, related to daily life, work, leisure and general involvement in the life of society.

In occupational therapy, meaningful activities are used both as a means and as an end to promote health, prevent and rehabilitate reduced functions ability and occupational limitations and to assess, re-establish and further develop people's opportunities to participate in daily life.

### **Definition of Occupational Therapy as a Profession**

Occupational therapy is a profession within the social and health service in Denmark, practised on a basis of a professional bachelor degree and authorisation by The Danish National Board of Health.

Occupational therapy is practised in the light of an objective related to prevention and rehabilitation in cooperation with target groups that experience occupational problems in their daily lives.

Occupational therapists apply specific knowledge and methods to create coherence between people, their activities and their environment, with a view to enabling occupational performance and participation, because these promote health and a good life.

*April 2017*

**Estonian Association of Occupational Therapists**  
(Estonia)

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Tegevusteraapia on eesmärgipäraste tegevuste kasutamine inimestega, kellel on piirangud somaatilise haiguse või trauma, psühhosotsiaalse- või arenguhäire, õpiraskuste, vaesuse või kultuurierinevuste tõttu või kõrgest eest tingituna, selleks, et suurendada nende iseseisvust, ennetada puuet ja säilitada tervist.

Tegevusteraapia ravivormina keskendub inimese tegevusvõimele. Tegevusteraapia tegeleb tervise edendamise ja heaolu parandamisega läbi tegevuste. Tegevusteraapia eesmärk on häirunud tegevusvõimega isiku tegevusvõime säilitamine ja edendamine, et võimaldada inimestel osaleda igapäevastes tegevustes.

Inimese tegevusvõime parandamiseks on võimalik tegevusteraapias arendada inimese võimeid ja oskuseid, mis on vajalikud toimetulekuks igapäevategevustes, teiseks on võimalik kohandada tegevused vastavaks inimese võimetele. Kolmas aspekt on keskkonna kohandamine selliselt, et see soodustaks inimese iseseisvat toimetulekut.

Tegevusteraapia filosoofilised alused ütlevad järgmist:

- Kesksed mõisted on TEGEVUS ja tegevusvõime.
- Tegevus on inimesele olemuslik ja seetõttu on tegevus alati olnud inimelu koostisosa.
- Tegevus annab elule tähenduse ja tingib käitumise.
- Tegevusel on arenguline dimensioon – inimese arengule vastavalt muutvad ka tegevused
- Tegevus mõjutab tervist ja heaolu.
- Tegevus aitab luua struktuuri ja organiseerida aega.
- Tegevus annab elule sisu nii kultuurilisel kui isiklikul tasandil.
- Tegevused on individuaalsed. Erinevad inimesed väärtustavad erinevaid tegevusi.

*May 2017*

**Ergoterapeutfelagid / Faroese Occupational Therapists Association**  
(Faroe Island)

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Occupational therapy is a client-centred health profession concerned with promoting health and well-being through occupation. The primary goal of occupational therapy is to enable people to participate in the activities of everyday life. Occupational therapists achieve this outcome by working with people and communities to enhance their ability to engage in the occupations they want to, need to, or are expected to do, or by modifying the occupation or the environment to better support their occupational engagement.

*(WFOT 2012)*

*November 2015*

## **TOIMINTATERAPIA**

Toimintaterapia on asiakaslähtöistä kuntoutusta. Toimintaterapiassa asiakas on oman elämänsä asiantuntija ja toimintaterapeutti on terapeutin toiminnan asiantuntija. Toimintaterapialla tuetaan asiakkaan päivittäistä elämää; itsestä huolehtimista, asioimista ja kotielämää, koulunkäyntiä ja opiskelua, työkykyä ja työssä selviytymistä, yhteiskunnallista osallistumista, vapaa-ajan viettämistä, leikkimistä ja lepoa. Toimintaterapian käsityksen mukaan ihminen voi vaikuttaa tulevaisuuteensa, terveyteensä ja hyvinvointiinsa valintojensa ja toimintansa kautta.

Toimintaterapeutti on kuntoutusalan ammattilainen. Toimintaterapeutti ymmärtää erilaisten toimintojen merkityksen yksilölle ja yhteisölle. Hän osaa muokata ja soveltaa toimintaa siten, että se edistää asiakkaan toimintamahdollisuuksia hänen omassa ympäristössään. Toimintaterapeutti tekee yhteistyötä asiakkaan ja hänen lähiyhteisönsä sekä eri alojen asiantuntijoiden kanssa. Toimintaterapeutti on laillistettu terveydenhuollon ammatti. Ammattinimikettä voi käyttää vain toimintaterapeutin tutkinnon suorittanut henkilö. Toimintaterapeutit työskentelevät sosiaali- ja terveydenhuollon sekä kuntoutuksen eri alueilla, opetustoimessa, järjestöissä sekä itsenäisinä ammatinharjoittajina.

## **OCCUPATIONAL THERAPY**

Occupational therapy is client-oriented rehabilitation. In occupational therapy, the client is the expert in his/her own life, and the therapist is the expert of the therapeutic occupation. Occupational therapy supports the daily life of the customer: taking care of oneself, running errands and leading domestic life, attending school and studying, coping at work and working capacity, societal participation, spending leisure time, playing and resting. The understanding in occupational therapy is that a person can affect his/her future, health and wellbeing through his/her choices and actions.

An occupational therapist is a professional in rehabilitation. An occupational therapist understands the significance of various activities to the individual and the community. He/she is able to adapt the activities so that it promotes the client's possibilities of occupation in his/her own environment. An occupational therapist works in co-operation with the client and his/her immediate community as well as with the experts of different fields. The profession of occupational therapist is a certified health care profession. The professional title can only be used by those having completed a degree in occupational therapy. Occupational therapists work in the diverse areas of social welfare, health care services and rehabilitation, as well as in education, organisations and as self-employed professionals.

*May 2017*

**Association Nationale Française des Ergothérapeutes (ANFE)**  
(France)

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L'ergothérapeute est un professionnel de santé. L'ergothérapie s'exerce dans les secteurs sanitaire et social et se fonde sur le lien qui existe entre l'activité humaine et la santé. Elle prend en compte l'interaction personne – activité – environnement. L'activité s'entend selon la définition du terme anglo-saxon « *occupation* »<sup>1</sup> : « un groupe d'activités, culturellement dénommées, qui ont une valeur personnelle et socioculturelle et qui sont le support de la participation à la société ». Elles comprennent notamment les soins personnels, le travail et les loisirs. L'ergothérapie intervient en faveur d'une personne ou d'un groupe de personnes dans un environnement médical, professionnel, éducatif ou social.

L'objectif de l'ergothérapie est de maintenir, de restaurer et de permettre les activités humaines de manière sécurisée, autonome et efficace, et, ainsi, de prévenir, réduire ou supprimer les situations de handicap pour les personnes, en tenant compte de leurs habitudes de vie et de leur environnement. L'ergothérapeute est l'intermédiaire entre les besoins d'adaptation de la personne et les exigences de la vie quotidienne en société. Il collabore avec la personne et son entourage, l'équipe médicale et paramédicale, les intervenants dans le champ social, économique et éducatif afin d'établir des projets d'intervention pertinents. L'ergothérapeute agit sur prescription médicale lorsque la nature des activités qu'il conduit l'exige.

L'ergothérapeute accompagne la personne dans l'élaboration de son projet de vie en proposant un cadre d'intervention repéré dans le temps et dans l'espace. Il s'attache à recevoir le consentement éclairé du bénéficiaire de son intervention.

L'ergothérapeute évalue les intégrités, les déficiences, les limitations d'activité et les restrictions de participation des personnes ou des groupes de personnes, en prenant en compte les âges, les données pathologiques, les environnements humains et matériels, et les habitudes de vie. Il élabore ainsi un diagnostic ergothérapeutique.

L'ergothérapeute exploite le potentiel thérapeutique de l'activité en permettant aux personnes de s'engager dans des activités qui sont importantes pour elles selon leur environnement humain et matériel, leur histoire et leur projet de vie. Ces activités, qu'elles soient à visée de soins personnels, de productivité ou de loisirs, favorisent l'entretien et l'amélioration des fonctions, et réduisent les limitations fonctionnelles. Elles développent les capacités résiduelles, sollicitent les ressources d'adaptation et d'évolution et ainsi permettent aux personnes de conserver ou développer leur potentiel physique, cognitif, sensoriel, psychique et relationnel, d'indépendance et d'autonomie.

L'ergothérapeute utilise des exercices, des jeux, des activités d'artisanat, des activités projectives ou des mises en situation d'activités quotidiennes, des tâches domestiques, des gestes professionnels, des activités sociales, culturelles ou sportives... Tout au long de ces mises en situation, l'ergothérapeute évalue la personne en activité dans son environnement. Selon les nécessités, il apporte des conseils et adapte les éléments liés à la personne, à l'activité ou à l'environnement pour favoriser une activité adaptée et sécurisée et lutter contre les situations de handicap.

Pour faciliter l'engagement dans les activités et leur réalisation, l'ergothérapeute étudie, conçoit et aménage l'environnement pour le rendre facilitant et accessible. Il préconise et utilise des appareillages de série, des aides techniques ou animalières, et des assistances technologiques. Dans un cadre exclusivement institutionnel, en l'absence d'une orientation médicale impliquant un professionnel de l'appareillage, l'ergothérapeute conçoit et réalise du petit appareillage provisoire, extemporané et adapté à la morphologie du patient sans utilisation de la technique du moulage: orthèses à visée fonctionnelle ou de positionnement et orthèses à visée d'aide technique.

L'ergothérapeute rend compte de son intervention et de ses résultats aux bénéficiaires et aux différents intervenants concernés et formule des préconisations.

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<sup>1</sup> ENOTHE : European network occupational therapy in higher education  
WFOT\_Definitions\_of\_Occupational\_Therapy\_updatedJune2017

L'ergothérapeute facilite le processus de changement pour permettre à la personne de développer son indépendance et son autonomie afin d'améliorer son bien-être, sa qualité de vie et le sens qu'elle donne à son existence.

L'ergothérapeute exerce au sein des institutions sanitaires, médico-sociales ou sociales mais aussi à l'extérieur des institutions dans les milieux de vie, dans le cadre d'associations, de services de maintien à domicile, de réseaux, de maisons départementales des personnes handicapées, de prestations libres et prescrites.

L'exercice est réglementé par l'Article L.4331-1 du Code de la Santé Publique et il respecte le champ d'intervention des autres professions réglementées.

*November 2015*



Ergotherapie unterstützt und begleitet Menschen jeden Alters, die in ihrer Handlungsfähigkeit eingeschränkt oder von Einschränkung bedroht sind. Ziel ist, sie bei der Durchführung für sie bedeutungsvoller Betätigungen in den Bereichen Selbstversorgung, Produktivität und Freizeit in ihrer persönlichen Umwelt zu stärken. Hierbei dienen spezifische Aktivitäten, Umweltanpassung und Beratung dazu, dem Menschen Handlungsfähigkeit im Alltag, gesellschaftliche Teilhabe und eine Verbesserung seiner Lebensqualität zu ermöglichen.

Occupational Therapy supports and assists people of all ages who are limited or in danger of becoming limited in their ability to participate in their usual activities. The aim is to enable the client's participation for his or her meaningful activities in the performance areas of self-care, productivity and leisure within his or her personal environment. Specific activities, environmental adaptation and consultancy may be used to facilitate the individual's ability to perform activities of daily life, participate in society and improve the quality of life.

*April 2017*

## **Georgian Occupational Therapists' Association**

საქართველოს ოკუპაციურ თერაპევტთა ასოციაცია ჯეოტა.  
(Georgia)

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ოკუპაციური თერაპია არის პროფესია, რომელიც სხვადასხვა ტექნიკის გამოყენებით ხელს უწყობს ადამიანს ან ადამიანთა ჯგუფს მათთვის მნიშვნელოვანი და ღირებული საქმიანობების შესრულებას, ფუნქციონირების გაუმჯობესებას, გარემოსთან ადაპტაციასა და საზოგადოებრივ ცხოვრებაში თანამონაწილეობის ხარისხის გაზრდაში. პროფესია მიზნად ისახავს ადამიანის შესაძლებლობების მაქსიმალურ რეალიზაციას ცხოვრების ხარისხის გაზრდისთვის კლიენტზე ცენტრირებული მიდგომების გამოყენებით.

Occupational therapy is a profession that promotes a person or group of people to perform important and valuable activities for them, improve functioning, adaptation to the environment and increase the quality of participation in public life. The profession aims at maximizing human capacities by increasing the quality of life by using client-centered approaches.

*May 2017*

**Icelandic Occupational Therapy Association**  
(Iceland)

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Iðjupjálfun er starfsgrein meðal heilbrigðisgreina. Iðjupjálfar veita heilbrigðis- og félagsþjónustu v?a í íslensku samfélagi. Þeir beina sjónum sínum að þeirri iðju sem fólk innir af hendi til að annast sig og

sína, leggja sitt af mörkum til samfélagsins og njóta þess sem lífið hefur

upp á að bj?a. Með aðlögun iðju og umhverfis, þjálfun, fr?slu og r?gjöf stuðla iðjupjálfar að aukinni færni og virkri þátttöku fólks í iðju, fyrirbyggja vandamál og efla heilsu. Enn fremur taka þeir þátt í stefnumótun í heilbrigðis-, félags-, menntunar- og atvinnumálum til að tryggja að fólk eigi kost á að stunda fjölbreytta iðju sem stuðlar að lífsfyllingu og g?ri heilsu.

Occupational therapy is a health profession. Occupational therapists provide health and social services in a broad context within Icelandic society. The emphasis is on occupation, which includes everything people do to care for themselves and their families, contribute to their communities, play, and enjoy life. Occupational therapists enable performance and participation in people's daily occupations. They prevent occupational problems, and promote health by adapting occupations and the environment, and by providing training, education, and consultation. Furthermore, occupational therapists contribute to health care, social, educational, and vocational policies to promote environments and occupational opportunities necessary for human health and well-being.

*November 2002*

**All India Occupational Therapists Association**  
(India)

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Occupational Therapy is a holistic evidence-based client- centred first contact and/or referral profession of modern health care system, based on science of occupation, with primary focus on purposeful goal-oriented activities/occupations, enhanced with the use of latest technological systems for evaluation, diagnosis, education and treatment of the patients (clients) of any age group, whose function(s) is (are) impaired by physical, psychosocial and cognitive impairments, development disorders, or the ageing process affecting their quality of life, with the aim to prevent disability, promote health and well-being and return to optimum occupational roles.

Specific occupational therapy services include but are not limited to: preventive health literacy, assessment and interventions in activities of daily living (ADL), work and productive activities, play, leisure and spiritual activities; functional capacity analysis, prescription, designing and training in the use of assistive technology, adaptive equipment and splints, and environmental modifications to enhance functional performances.

<http://aiota.org/Home/AboutOT>

*April 2017*

**Association of Occupational Therapists of Ireland**  
(Ireland)

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Occupational therapy is a client-centred health profession concerned with promoting health and wellbeing through occupation. The primary goal of occupational therapy is to enable people to participate in the activities of everyday life. Occupational therapists achieve this outcome by working with people and communities to enhance their ability to engage in the occupations they want to, need to, or are expected to do, or by modifying the occupation or the environment to better support their occupational engagement.

*(WFOT 2012)*

*May 2017*

**Israeli Organisation of Occupational Therapy**  
(Israel)

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Occupational Therapy is a health-care profession which undertakes treatment, rehabilitation and education. It draws its knowledge from the medical, social, behavioural and occupational sciences.

Its professional practice encompasses the everyday activities of learning, working, recreation, use of leisure time and social participation in both family and community settings.

The aim of OT intervention and procedures is to assist individuals or groups to take part in everyday tasks and occupations which have meaning and purpose for them.

Intervention and treatment promote the improvement of the individual or group's performance, participation and involvement in the communal and environmental contexts within which they live, and in maintaining their health, welfare and quality of life.

*April 2017*

## **Il profilo professionale del Terapista Occupazionale**

DECRETO 17 gennaio 1997, n. 136

### Art. 1

1. È individuata la figura professionale del terapeuta occupazionale, con il seguente profilo: il terapeuta occupazionale è l'operatore sanitario che, in possesso del diploma universitario abilitante, opera nell'ambito della prevenzione, cura e riabilitazione dei soggetti affetti da malattie e disordini fisici, psichici sia con disabilità temporanee che permanenti, utilizzando attività espressive, manuali - rappresentative, ludiche, della vita quotidiana.
2. Il terapeuta occupazionale, in riferimento alla diagnosi ed alle prescrizioni del medico, nell'ambito delle proprie competenze ed in collaborazione con altre figure socio-sanitarie:
  - a) Effettua una valutazione funzionale e psicologica del soggetto ed elabora, anche in équipe multi disciplinare la definizione del programma riabilitativo, volto all'individuazione ed al superamento dei bisogni del disabile ed al suo avviamento verso l'autonomia personale nell'ambiente di vita quotidiana e nel tessuto sociale;
  - b) Tratta condizioni fisiche, psichiche e psichiatriche, temporanee o permanenti, rivolgendosi a pazienti di tutte le età; utilizza attività sia individuali che di gruppo, promuovendo il recupero e l'uso ottimale di funzioni finalizzate al reinserimento, all'adattamento e alla integrazione dell'individuo nel proprio ambiente personale, domestico e sociale;
  - c) Individua ed esalta gli aspetti motivazionali e le potenzialità di adattamento - dell'individuo, proprie della specificità terapeutica occupazionale;
  - d) partecipa alla scelta e all'ideazione di ortesi congiuntamente o in alternativa a specifici ausili;
  - e) propone, ove necessario, modifiche dell'ambiente di vita e promuove azioni educative verso il soggetto in trattamento, verso la famiglia e la collettività;
  - f) verifica le risposdenze tra la metodologia riabilitativa attuata e gli obiettivi di recupero funzionale e psicosociale.
3. Il terapeuta occupazionale svolge attività di studio e ricerca, di didattica e di supporto in tutti gli ambiti in cui è richiesta la specifica professionalità.
4. Il terapeuta occupazionale contribuisce alla formazione del personale di supporto e concorre direttamente all'aggiornamento relativo al proprio profilo professionale.
5. Il terapeuta occupazionale svolge la sua attività professionale in strutture socio-sanitarie, pubbliche o private, in regime di dipendenza o libero professionale.

### ***Professional profile of the Occupational Therapist (translated in English):***

*DECRETO 17 gennaio 1997, n. 136*

#### ART: 1:

1. It's outlined the professional figure of the Occupational therapist with this profile:

The OT is the health practitioner who, in possession of the qualifying university degree, work in the prevention, treatment and rehabilitation of subjects affected by diseases, physical limitations, psychic problems and with temporary or permanent disabilities, using expressive, manual, meaningful and important recreational and everyday life activities.

2. The occupational therapist, in reference to the Doctor's diagnosis and prescriptions, within its competence and in collaboration with other social and health professionals:
  - a. makes a functional and psychological evaluation of the subject and elaborates in a multi-disciplinary team the rehabilitation program, aimed at identifying and solving the needs of the disabled person and its training towards autonomy in its daily life and social environment;
  - b. treats physical, psychological and psychiatric conditions, temporary or permanent, with patients of all ages; the OT uses both individual and group activities, promoting the recovery and optimal use of functions aimed at reinsertion, adaptation and integration of the individual in their personal, domestic and social environment;
  - c. Identifies and enhances the motivational aspects and adaptation potential of the person, typical of occupational therapy treatments;
  - d. participates in the choice and ideation of orthotics and/or or specific aid devices;
  - e. suggests, when necessary, changes or modifications to the daily life environment and promotes educational treatments to the person' caregiver and family;
  - f. verifies feedback between the used rehabilitation methodology and the goals .
3. The occupational therapist carries out research and study, education and support activities in all areas and fields that require its specific professional skills.
4. The occupational therapist contributes to the training of the aid staff and contributes directly to the update of their professional profile.
5. The occupational therapist carries out his professional activities in social and health facilities, public or private, as employee or freelance.

## **TERAPIA OCCUPAZIONALE**

La Terapia Occupazionale (TO) è una professione sanitaria della riabilitazione che promuove la salute e il benessere attraverso l'occupazione.

E' un processo riabilitativo che, adoperando come mezzo privilegiato il fare e le molteplici attività della vita quotidiana, attraverso un intervento individuale o di gruppo, coinvolge la globalità della persona con lo scopo di aiutarne l'adattamento fisico, psicologico o sociale, per migliorarne globalmente la qualità di vita pur nella disabilità.

E' sostenuta dalla "Scienza Occupazionale", nata per la ricerca scientifica, basata sull'importanza dell'occupazione nella natura umana.

Le Occupazioni sono l'insieme delle attività significative per il proprio contesto culturale, adeguate all'età, scelte, organizzate e svolte da ogni individuo per provvedere a se stesso, provare gioia nel vivere e contribuire alla vita economica e sociale della comunità (Canadian Association of Occupational Therapy, 1997).

L'occupazione è il fine della TO ma anche il mezzo attraverso il quale si cerca di modificare le funzioni corporee della persona (capacità motorio-sensoriali, percettivo-cognitive, emotivo-relazionali); generalmente sono presenti tre aree all'interno delle quali possiamo trovare occupazioni: cura personale, lavoro (scuola) e tempo libero.

La Terapia Occupazionale viene praticata in una vasta gamma di ambiti, compresi gli ospedali, i centri per la salute, il domicilio, i luoghi di lavoro, le scuole e le case di riposo.

I Pazienti vengono attivamente coinvolti nel processo terapeutico e i risultati della Terapia Occupazionale sono diversificati, guidati dal paziente e misurati in termini di partecipazione o di soddisfazione derivata dalla partecipazione (World Federation of Occupational Therapy).



Occupational Therapy is a health rehabilitation profession that promotes health and well-being through the occupation.

It is a rehabilitation process, using as the preferred way the occupation and the several activities of daily life, through individual and group treatments; it involves the totality of the person with the aim of helping the person to adapt himself physically, psychologically or socially, to improve overall quality of life despite the disability.

It is supported by the "occupational science".

Occupations are the set of meaningful activities for their own cultural context, age-appropriate, selected, organized and carried out by every individual to fend for himself, experience joy in living and contribute to economic and social life of the community (Canadian Association of Occupational Therapy, 1997).

The occupation is the goal of Occupational Therapy but even the means by which we try to change our functions (sensory and motor skills, cognitive skills and emotional relational skills); generally we divide occupation in three parts: personal care, work (school) and leisure/free time.

Occupational Therapy is practiced in a wide range of areas, including hospitals, health centres, homes, workplaces, schools and nursing homes.

Clients are actively involved in the therapeutic process and the results of the Occupational Therapy are *diversified, guided by the patient and measured in terms of participation or satisfaction derived from participation (World Federation of Occupational Therapy).*

May 2017

作業療法とは、身体又は精神に障害のある者、またそれが予測される者に対し、その主体的な生活の獲得を図るため、諸機能の回復、維持及び開発を促す作業活動を用いて、治療、指導及び援助を行うことをいう。

Occupational therapy is to provide treatment, supervision or care to those who have or may have physical and/or mental disabilities, for the purpose of gaining active life, through various occupations which facilitate, restore or develop various functions.

Approved, June of 1985, by the 20th General Meeting of the Japanese Association of Occupational Therapists.

*August 2013*

**العلاج الوظيفي :** علم وفن تقييم ومعالجة الاعاقات الجسدية والنفسية من جميع الفئات العمرية باستخدام نشاطات ووسائل ذات هدف علاجي ، تقاد وتعديل من قبل المعالج الوظيفي بهدف الوصول الى أقصى درجة من الاستقلالية والاعتماد على النفس في جميع مجالات الحياة اليومية .

The art and science of assessment and treatment of the physical and mental handicap through the specific use of selected therapeutic activities guided and adopted by the Occupational Therapist aiming to reach the optimal level of independence in all aspects of daily life.

*April 2017*

**Kenya Occupational Therapists Association**  
(Kenya)

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Occupational Therapy (OT) is a health and rehabilitation profession that provide services to individuals of all ages who have physical, developmental, emotional and/or social deficits. Because of these conditions, individuals need specialized assistance in learning functional skills, which enable them to live independent, productive and satisfying lives.

An occupational therapist selects therapeutic procedures that are meaningful to the individual receiving treatment and are designed to achieve improved functional outcomes.

*August 2013*

**Occupations are** all kinds of mental, physical, and social activities that are meaningful to an individual.

작업이란 개인에게 의미가 있는 모든 종류의 정신적, 육체적, 사회적 활동을 말한다.

**Occupational therapy** is a health profession that uses meaningful and therapeutic activities (occupations) in assisting people with physical, mental or developmental disabilities to promote the quality of life by maximizing independence in activities of daily living and actively participating in social life.

작업치료란 신체적, 정신적, 그리고 발달과정에서 어떠한 이유로 기능이 저하된 사람에게 의미 있는 치료적 활동 (작업)을 통해 최대한 독립적으로 일상생활을 수행하고 능동적으로 사회생활에 참여함으로써 행복한 삶을 영위할 수 있도록 치료, 교육하는 보건의료의 한 전문분야이다.

*May 2017*

## **Definition of Occupational Therapy**

Ergoterapija ir veselības aprūpes profesija, kas pamatojas uz zināšanām par mērķtiecīgām nodarbēm, veicina pacienta dalību ikdienas dzīves nodarbēs, veselību un labklājību visos dzīves aspektos.

*Occupational therapy is a health care profession that is based on knowledge about meaningful activities. Occupational therapy promotes clients' engagement in activities of daily living, and fosters health and well-being in all aspects of life.*

## **Statement on Occupational Therapy**

Ergoterapeita galvenais uzdevums ir palīdzēt apgūt/atgūt prasmes, kas ļauj pacientam būt neatkarīgam ikdienas nodarbēs – pašaprūpē, produktivitātē un brīvajā laikā.

Uzsākot darbu ar pacientu, ergoterapeits novērtē personas spēju veikt ikdienas nodarbes, fiziskās, izziņas un sazināšanās prasmes, kā arī iegūst informāciju par fizisko vidi (piemēram, dzīvesvietas, mājokļa, darbavietas vai skolas apstākļiem) un sociālo vidi (t.sk., ģimeni, draugiem, skolasbiedriem, darba biedriem u.c.).

Ergoterapeits savā darbā izmanto nodarbes, kuras ir nozīmīgas un svarīgas pacientam – to mērķis ir kavēt slimības progresēšanu, invaliditātes attīstīšanos un veicināt indivīda neatkarību ikdienas darbībās. Ergoterapeits palīdz cilvēkam adaptēties jauniem apstākļiem, mazinot vai novēršot vides šķēršļus. Ergoterapeiti apmāca pacientus lietot tehniskos palīgīdzekļus ikdienas aktivitātēs, pielāgo tos, izgatavo un pielāgo rokas ortozes no speciāliem materiāliem.

Ergoterapeits strādā ar klientiem/pacientiem visās vecuma grupās – ar zīdaiņiem un pirmsskolas vai skolas vecuma bērniem, pusaudžiem, jauniešiem un cilvēkiem darbaspējīgā vecumā, kā arī ar gados veciem cilvēkiem.

Šobrīd Latvijā ergoterapeiti praktizē gan veselības aprūpes (rehabilitācijas centros, slimnīcās, poliklīnikās), gan sociālās aprūpes institūcijās (pašvaldību sociālajos dienestos, sociālās aprūpes centros, tehnisko palīgīdzekļu centros).

Nepieciešamības gadījumā speciālists sniedz konsultācijas un ārstēšanu mājās.

The main aim of occupational therapist is to help learn/regain skills that promote each client's independence in everyday life activities: self-care, productivity and leisure time.

Occupational therapist evaluates person's ability to participate in activities of daily living, according to their physical, cognitive and communication skills and abilities. Therapist also obtains information about physical environment (for instance, living arrangements, home, workplace or school) and social environments (including family, friends, schoolmates, colleagues and others).

Occupational therapist uses activities that are meaningful and important for clients to prevent progression of their disease or handicap and to promote the persons' independence in daily life activities. Occupational therapist enables individuals to adapt to new conditions through reducing or removing environmental obstacles. Occupational therapist also educates clients about different technical aids that can be used in daily occupations, as well as makes and adjusts hand orthosis from special materials.

Occupational therapists work with clients/patients of all ages: infants and toddlers or school age children, teenagers, young people, working age individuals and elderly.

In Latvia currently occupational therapists work in healthcare (rehabilitation centers, hospitals, outpatient clinics) as well as social care institutions (municipality social services, social care centers, technical aid centers).

Clients may receive consultations and therapy sessions at home if necessary.

May 2017

**Lithuanian Association of Occupational Therapists**  
(Lithuania)

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Ergoterapija - tai asmens / grupių įgalinimas prasminga veikla, siekiant asmens / grupių gerovės, skatinant aktyvumą ir įsitraukimą į prasmingą (-as) veiklą (-as), ugdant reikiamus įgūdžius, įpročius, vaidmenis kasdienėje, mokymosi, darbinėje / profesinėje bei laisvalaikio aplinkose namuose ir bendruomenėje.

*June 2017*



Ergothérapie - une Profession de Santé

qui s'applique dans les domaines de la rééducation, de la réadaptation, de la prévention et du conseil.

L'ergothérapie s'adresse aux enfants, aux adultes et aux personnes âgées limités momentanément ou de façon durable dans leur capacité d'action en raison:

- d'un accident
- d'une maladie ou d'un handicap physique, psychique ou mental
- d'un problème du développement

Lieux d'intervention de l'ergothérapeute:

- Cliniques spécialisées et hôpitaux
- Maisons de soins et de retraite
- Institutions et foyers pour personnes handicapées physiques, mentales et/ou sensorielles
- Centres de consultation pédiatriques
- Information et assistance à domicile
- Pratique libérale

L'ergothérapie vise à promouvoir la santé et le bien-être du client dans son milieu familial, professionnel et social.

Le principal objectif est d'acquérir un niveau maximal d'autonomie et de participation dans les domaines de la vie: les soins personnels, la productivité et les loisirs. Afin d'atteindre cet objectif, les ergothérapeutes utilisent l'approche centrée sur le client.

Cette approche donne au client la possibilité de mettre en valeur ses capacités d'action et de participation ou de modifier son environnement pour favoriser une meilleure participation.

Secteurs d'activités en ergothérapie:

- Neurologie
- Traumatologie / Rhumatologie
- Pédiatrie
- Psychiatrie
- Handicap mental
- Gériatrie

**L'ergothérapie part du principe qu'agir est un besoin fondamental de l'être humain et que l'action possède des effets thérapeutiques favorables à la santé.**

Après une évaluation ergothérapeutique différenciée, les objectifs individuels sont élaborés, en collaboration avec le patient et/ou son entourage proche. Le choix, l'organisation, l'emploi et l'adaptation de l'activité sont la spécificité de l'ergothérapeute. Il s'agit d'activités thérapeutiques finalisées au niveau des soins personnels, de la productivité et des loisirs:

- Activités de la vie journalière (AVJ)
- Activités artistiques et artisanales
- Activités ludiques et récréatives
- Activités intellectuelles et éducatives
- Activités professionnelles et industrielles

*April 2017*

Terapi Carakerja adalah profesion rawatan pemulihan dan penjagaan kesihatan yang memfokus kepada membantu individu daripada semua lapisan umur untuk melibatkan diri dan melakukan aktiviti kehidupan harian, produktiviti, dan aktiviti masa lapang yang terganggu akibat daripada masalah fizikal, psikologikal atau sosial.

Terapi Carakerja menggunakan pendekatan berpusatkan klien melalui aktiviti yang bertujuan dan bermakna, modifikasi peralatan dan persekitaran, adaptasi pelaksanaan pekerjaan, teknik terapeutik dan modaliti fizikal, pendidikan, dan konsultasi bagi mengekalkan, meningkatkan dan/atau mewujudkan kemahiran dan keupayaan individu tersebut supaya mereka dapat melaksanakan peranan secara optimum dan lebih bermakna dalam persekitaran sosio-budaya masing-masing.

Occupational therapy is a rehabilitation and health care profession, which focuses on helping individuals of all ages to engage and perform activities of daily living, productivity, and leisure that have been affected by physical, psychological or social problems.

Occupational Therapy uses a client-centred approach through purposeful and meaningful activities, tools and environmental modifications, occupational adaptations, therapeutic techniques and physical modalities, education, and consultation in order to maintain, improve and/or establish individuals' skill and ability to perform their role optimally and meaningfully in their social-cultural environment.

*April 2017*

**Malta Association of Occupational Therapists**  
(Malta)

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Occupational Therapy is the assessment and treatment of physical and psychological conditions through selected techniques and purposeful activities aimed at improving the individual's level of functional independence and quality of life.

*April 1998*

**Occupational Therapists Association Mauritius**  
(Mauritius)

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Occupational Therapy is a health profession which caters for people of all ages who cannot cope with daily life situations because of disability or illness due to physical, psychiatric or social causes. Occupational Therapy aims at bringing to light abilities to counteract difficulties so as to overcome performance deficits at work, at home or during leisure time.

Methods used are through purposeful activities and through counselling. The Occupational Therapist acts as a Mediator between the person with disability and the people surrounding him in the community in which he lives. Hence it is essential for the Occupational Therapist to take into consideration the particular way of living of the individual with disability he is working with.

*December 2002*

**Namibian Association of Occupational Therapists**  
(Namibia)

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Occupational therapy is a profession concerned with promoting health and well being through occupation. The primary goal of occupational therapy is to enable people to participate in the activities of everyday life. Occupational therapists achieve this outcome by enabling people to do things that will enhance their ability to participate or by modifying the environment to better support participation.

Occupational therapists have a broad education that equips them with skills and knowledge to work collaboratively with individuals or groups of people or communities, who have limitations or an impairment of body structure or function due to a health condition, and who experience barriers to participate.

Occupational therapists believe that participation can be supported or restricted by physical, social, attitudinal and legislative environments. Therefore, occupational therapy practice may be directed to change aspects or the environment to enhance participation.

Occupational therapy is practised in a wide range of settings, including hospitals, health centers, homes, workplaces, schools, reform institutions, housing for seniors and community based settings. Clients are actively involved in the therapeutic process, and outcomes of occupational therapy are diverse, client-driven and measured in terms of participation or satisfaction derived from participation.

*September 2007*

**Ergotherapie Nederland**  
(The Netherlands)

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Ergotherapie is gericht op het mogelijk maken van het handelen, zodat participatie - het deelnemen van mensen aan het dagelijks en maatschappelijk leven - gerealiseerd wordt ten behoeve van gezondheid en welzijn. Dit wordt bereikt door de mogelijkheden van personen, organisaties of populaties in het handelen te benutten en te vergroten, dan wel door de omgeving aan te passen en/of te gebruiken.

Occupational Therapy focuses on enabling occupation, in order to realize participation in daily and societal life, for the benefit of health and well being. This will be accomplished by using and increasing the abilities of persons, organizations and populations, and or by modifying and using the environment.

*April 2017*

## **DEFINITION OF KEY TERMS**

The New Zealand Association of Occupational Therapists / Whakaora Ngangahau Aotearoa (NZAOT) has adopted the following key terms, in doing so we acknowledge the unique bi-cultural and varied practice contexts in which occupational therapists / nga kaiwhakaora ngangahau participate in.

**Occupational Therapy / Whakaora Ngangahau:** is “a client-centred health profession concerned with promoting health and well-being through occupation. The primary goal of occupational therapy [whakaora ngangahau] is to enable people to participate in the activities of everyday life. Occupational therapists [nga kaiwhakaora ngangahau] achieve this by working with people and communities to enhance their ability to engage in the occupations they want to, need to, or are expected to do, or by modifying the occupation or the environment to better support their occupational therapy engagement (WFOT, 2012).

**Occupations:** “are groups of activities and tasks of everyday life, named, organised, and given value and meaning by individuals and a culture: occupation is everything people do to occupy themselves, including looking after themselves (self care), enjoying life (leisure), and contributing to the social and economic fabric of their communities (productivity); [they are] the domain of concern and therapeutic medium of occupational therapy” (Townsend & Polatajko, 2007, p. 369).

**Occupational Science:** is the systematic study of the things that people do (their occupations) and includes research at an individual, group or population level. The focus of research might be on the meanings occupations hold; patterns of occupations; or the relationship between occupation and health. (Hocking, 2012, p. 1 – abridged).

### **General Scope of Practice:**

#### **Occupational therapist [Kaiwhakaora ngangahau]:**

Occupational therapists [nga kaiwhakaora ngangahau] are registered health professionals, who use processes of **enabling occupation** to optimise human activity and participation in all **life domains** across the lifespan, and thus promote the health and well-being of individuals, groups, and communities. These **life domains** include: learning and applying knowledge; general tasks and demands; communication; mobility; self-care; domestic life; interpersonal interaction and relationships; major life areas; and community, social and civic life.

**Enabling occupation** incorporates the application of knowledge, principles, methods and procedures related to understanding, predicting, ameliorating or influencing peoples' participation in occupations within these life domains. Such practice is evidence-based, undertaken in accordance with the Occupational Therapy Board of New Zealand's prescribed Competencies and Code of Ethics, and within the individual occupational therapist's / nga kaiwhakaora ngangahau area and level of expertise (Occupational Therapy Board of New Zealand, (n.d.).

#### **Te Reo translations:**

In 2010, Te Taura Whiri i te Reo Māori (the Māori Language Commission) confirmed an official te reo title for occupational therapy and occupational therapist.

Occupational therapy is translated as **whakaora ngangahau**. Whakaora' means 'to restore to health' and 'ngangahau' is an adjective meaning 'active, spirited, zealous'. In choosing this translation, the Commission is conveying the idea of 'reawakening, or restoring to health one's activeness, spiritedness and zeal' (occupational therapy).

Occupational therapist is translated as **kaiwhakaora ngangahau**. If wanting to use the plural - *occupational therapists*, then the term is preceded with nga as in 'nga kaiwhakaora ngangahau'.

**References:**

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Occupational Therapy Board of New Zealand (n.d.). Notice of scope of practice and related qualifications prescribed by the Occupational Therapy Board of NZ. Retrieved from <http://www.otboard.org.nz/Registration/Currentlyregisteredoccupationaltherapists/OTScopeofPractice.aspx>

Townsend, E.A., & Polatajko, H.J. (2007). *Enabling occupation II: Advancing an occupational therapy vision for health, well-being, & justice through occupation*. Ottawa, ON: CAOT.

World Federation of Occupational Therapy. (2012). *Definition of occupational therapy*. Retrieved from: <http://www.wfot.org/AboutUs/AboutOccupationalTherapy/DefinitionofOccupationalTherapy.aspx>

**Translation expertise**

Hohepa MacDougall Kaiwhakamāori / Translator, Te Taura Whiri i te Reo Māori / Māori Language Commission (2010).

Endorsed by the NZAOT – November 2012

*April 2017*



**Nigerian Association of Occupational Therapists**  
(Nigeria)

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Occupational therapy is the means by which people of all age groups with health conditions can be involved in the art of living a productive and meaningful life. People are assisted to realize the qualities they possess and to build on these for sustained existence. Doing this provides the avenue for opportunities to perform activities identified with self-care, work / play and free time. Occupational therapy works with the individual towards promoting freedom from dependence on others and to attract respect and not pity.

Occupational therapy demonstrates that:

1. It is every individual's right to participate in life activities associated with the age group whatever the condition.
2. Obstacles within or outside the person preventing function can be addressed.
3. Each individual can be assisted to be aware of his own potential and to be motivated.
4. Tapping on this knowledge promotes health, encourages performance and contributes quality to life.

*March 2005*

Ergoterapeuter fremmer helse gjennom aktivitet. Målet er mestring av ønskede og nødvendige aktiviteter, deltagelse, tilhørighet og tilfredshet i hjem, skole, arbeid og fritid. Ergoterapeuten anvender aktiviteter direkte i behandling og opptrening, og indirekte ved å tilrettelegge for gjøremål gjennom tilpasning av omgivelser og bruk av tekniske hjelpemidler.

*November 2002*

**Associação Portuguesa de Terapeutas Ocupacionais  
(Portugal)**

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Avalia e intervém em pessoas, de qualquer idade, com alterações na capacidade de realizar as diversas ocupações significativas, devido a alterações ao nível biológico, psicológico, social ou espiritual. Para tal, recorre a técnicas terapêuticas, integradas em atividades consoante o objetivo pretendido, e enquadradas na relação terapeuta/utente. Trabalha em equipas multidisciplinares, com autonomia técnica, promovendo a saúde e o bem-estar, prevenindo a incapacidade e disfunção e reabilitando a pessoa para o seu desempenho ocupacional e participação na sociedade. Para além da intervenção direta, desenvolve investigação, consultoria e formação contribuindo para o desenvolvimento da Ciência Ocupacional.

Evaluates and intervenes in people of all ages, with changes in the ability to perform several meaningful occupations, due to changes in the biological, psychological, social level or spiritual. For that, the occupational therapist uses therapeutic techniques, integrated on the activities according to the established goal, and framed in the relationship therapist/client. Works in multidisciplinary teams with technical autonomy, promoting health and well-being, preventing disability and dysfunction and rehabilitating the person to his/her occupational performance and participation in the society. In addition to intervention with clients, develops research, consultancy and training, contributing to the development of Occupational Science.

*April 2017*

**Professional Association of Occupational Therapists from Romania  
(Romania)**

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Occupational therapy is a client-centred health profession concerned with promoting health and wellbeing through occupation. The primary goal of occupational therapy is to enable people to participate in the activities of everyday life. Occupational therapists achieve this outcome by working with people and communities to enhance their ability to engage in the occupations they want to, need to, or are expected to do, or by modifying the occupation or the environment to better support their occupational engagement.

*(WFOT 2012)*

*April 2017*

**Russian Professional Association of Ergotherapists**  
(Russia)

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Эрготерапия - это специальность, которая, используя целенаправленную деятельность, помогает людям с различными физическими или психическими нарушениями достигнуть максимальной независимости во всех аспектах повседневной жизни.

*April 2017*

**Occupational therapy** is a client centred profession within the domain of health and social care that promotes health and wellbeing through the use of everyday occupations. Everyday Occupations are the things we chose to do that occupy and give structure to our daily lives in our cultural context. Occupation is what one needs to do, wants to do and are expected to do at different ages of our life and which are meaningful and culturally acceptable to us. Through engaging in occupational therapy a client learns how to survive, take care of themselves, others and their environment, belong and contribute to a group and community, feel fulfilled and be able to perform all those things that we do that support us in our efforts to grow, improve and thrive.

**The aims of OT are to help the users of the service:**

- Who are affected by adverse events such as disease, development delays, trauma or deprivation regain or re-engage with their chosen occupations
- Overcome physical, psychological and social barriers to participation in their chosen occupations and thereby fulfil their roles and responsibilities
- Continue to engage in health promoting occupations
- Experience meaning and purpose in their lives through participating in relevant occupations
- Improve the quality of and satisfaction with life in spite of disabilities
- As well as advocate on their behalf and ensuring that their rights for inclusivity is taken into consideration

**Definisyon Terapi Okipasyonel**

Terapi okipasyonel i en service ki santre otour bann pasyan ek kliyan dan domenn lasante ek servis sosyal ki annan bi pou promot bon fason viv ek lasante atraver nou bann aktivite toulezour. Aktivite toulezour i bann keksoz ki nou fer koman nou bann lokipasyon ki striktire otour nou lazournen dan nou kiltir. Lokipasyon i sa ki nou sipoze fer, sa ki nou anvi fer e osi sa ki dimoun dan nou zalantour i ekspekte nou fer a diferan laz ek staz dan nou lavi an grandisan osi sa ki ganny asosye avek nou kiltie. Atraver terapi okipasyonel bann pasyan ek kliyan i aprann e reaprann fason pou sirviv, pran ka ek zot lekor osi byen ki lezot ki dan zot zalantour ek kominote kot zot appartenir. I osi ed nou form parti en group oubyen en kominote, I fer nou santi nou konplet akoz tou sa bann keksoz ki nou kapab fer e ki siport nou pou grandi, amelyore e epanoui.

*April 2017*

**Singapore Association of Occupational Therapists**  
(Singapore)

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Occupational therapy is a health profession that uses activities (occupations) with specific goals to help people of all ages to participate in activities of everyday living. Activities of everyday living include and are not limited to self-care, leisure, school and work. It is believed that participation in meaningful activities and roles essential to the individual helps to maintain or enhance our health and wellbeing.

Occupational therapists work with people with a range of conditions, including those who have physical disabilities, mental or social difficulties either from birth or as the result of accident, illness or ageing. Occupational therapists will consider the importance of how a person's physical, mental and social needs will impact on their recovery process and help them to achieve the goals that are most important to them.

Their work involves:

- Enhancing physical and psychological functions
- Preventing illnesses
- Facilitating independent living
- Improving quality of life of people with disabilities or special needs
- Promoting reintegration to home, work and society

To achieve these outcomes, occupational therapists will work with a person to design a treatment programme based on the individual's unique lifestyle and preferences. Therapy usually involves carefully designed activities and processes or sometimes, even includes modifications to the environmental surroundings of the person.

Occupational therapy services may include:

- Consultations
- Customized interventions (skills-based or activity-focused)
- Home and workplace evaluations
- Prescription of environment adaptations and assistive devices
- Family/Caregiver education and training

*May 2017*

Occupational therapy is a client-centred health profession concerned with promoting health and well-being through occupation. The primary goal of occupational therapy is to enable people to participate in the activities of everyday life. Occupational therapists achieve this outcome by working with people and communities to enhance their ability to engage in the occupations they want to, need to, or are expected to do, or by modifying the occupation or the environment to better support their occupational engagement. (WFOT 2012)

Delovna terapija je zdravstvena stroka, ki se ukvarja z uporabnikom na področju zdravja in dobrega počutja. Osredotočena je na uporabnike vseh starosti, z različnimi zdravstvenimi težavami, katere uporabnikom povzročajo omejitve v izvajanju vsakodnevnih aktivnosti/dejavnosti. Primarni cilj delovnoterapevtske obravnave je omogočiti izboljšanje sodelovanja in vključenosti uporabnikov v aktivnosti/dejavnosti vsakodnevnega življenja. Z namenskimi aktivnostmi, s strategijami, s terapevtskimi tehnikami in pristopi izboljšuje uporabnikove sposobnosti za vključevanje v aktivnosti/dejavnosti, katere si uporabniki želijo izvajati, so zanje potrebne, ali se jih od njih pričakuje. S prilagajanjem same izvedbe aktivnosti/dejavnosti ali okolja uporabnikovim sposobnostim, delovni terapevt uporabniku omogoči lažje in učinkovitejše vključevanje v izvajanje njemu smiselne aktivnosti/dejavnosti.

*May 2017*



**Occupational Therapy Association of South Africa**  
(South Africa)

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Occupational therapy is a client-centred health profession concerned with promoting health and wellbeing through occupation. The primary goal of occupational therapy is to enable people to participate in the activities of everyday life. Occupational therapists achieve this outcome by working with people and communities to enhance their ability to engage in the occupations they want to, need to, or are expected to do, or by modifying the occupation or the environment to better support their occupational engagement.

*(WFOT 2012)*

Occupational Therapy Association of South Africa is currently using the WFOT definition but are planning on developing their own definition at a workshop in 2016.

*May 2017*

La Terapia Ocupacional es la disciplina sociosanitaria que evalúa la capacidad de la persona (niño, adulto o mayor) para desempeñar las actividades de la vida cotidiana e interviene cuando dicha capacidad está en riesgo o dañada por cualquier causa. El Terapeuta Ocupacional utiliza, con finalidad terapéutica, la actividad con propósito y el entorno donde se realiza dicha actividad para la promoción de la salud, prevención, habilitación, mejora, mantenimiento o compensación y adaptación de las posibles limitaciones funcionales, con el objetivo de conseguir el máximo nivel de salud, autonomía personal e integración en el entorno de la persona y/o grupos, y permitir así la justicia social y una participación plena en la Comunidad.

Occupational Therapy is a health and social discipline that evaluates the ability of the person (child, adult or older) to perform the activities of daily life and intervenes when that capacity is at risk or damage from any cause. Occupational Therapist uses meaningful activities with therapeutic purposes, as well as the environment in which such activity is performed, in order to gain health promotion, prevention, improvement, maintenance, development or compensation and adaptation of functional limitations, with the aim of achieving the highest level of Health, personal autonomy and integration in the environment of the individual and/or groups, to allow social justice and full participation in the Community.

*February 2017*

**Definition of the academic discipline Occupational Therapy**

*(adopted by our Association Board in April 2013)*

The academic discipline Occupational Therapy comprehends knowledge about people's everyday occupations in relation to participation and health. Both basic and applied research is conducted within the discipline. Basic research in Occupational Therapy is concerned with how the resources and limitations of individuals as well as the environment influence people's daily occupations, participation and health. Applied research in Occupational Therapy is concerned with how activity-based health promoting, preventive and rehabilitational interventions can support everyday activities, participation and health.

**Objective and tasks of the profession**

*(from our Code of Ethics, adopted by our General Assembly in November 2012)*

**Objective of the profession**

The objective of Occupational Therapy is to support a person's occupational performance and participation in a manner that promotes possibilities to live as full a life as possible. Occupational Therapy is person-centered and considers possibilities and limitations in the environment.

**Tasks of the profession of occupational therapy**

The tasks of the profession can be directed towards individuals, groups or at the community level and must be of high quality standards (see further our Quality Policy) as well as complying with relevant legislation. Interventions in Occupational Therapy are to be performed in cooperation with the person, or, alternatively in consultation with parties concerned, and are to be related to the environment in which the person's tasks are to be performed.

*April 2017*

Ergotherapie stellt die Handlungsfähigkeit des Menschen in den Mittelpunkt. Sie trägt zur Verbesserung der Gesundheit und zur Steigerung der Lebensqualität bei. Sie befähigt Menschen, an den Aktivitäten des täglichen Lebens und an der Gesellschaft teilzuhaben.

L'ergothérapie est une profession centrée sur le développement et le maintien de la capacité d'agir des personnes. Elle contribue à l'amélioration de la santé et de la qualité de la vie. Elle facilite la participation à la société en permettant de prendre part aux activités quotidiennes.

L'ergoterapia mette al centro lo sviluppo e il mantenimento della capacità d'agire delle persone. L'intervento contribuisce al miglioramento della salute e all'aumento della qualità di vita. L'ergoterapia facilita le persone nello svolgimento delle attività della vita quotidiana permettendo di partecipare alla vita sociale.

Occupational therapy focuses on the person's ability to perform occupations and contributes to improvement of health and enhancement of quality of life. It enables persons to participate in activities of daily life as well as in society.

(Der Zentralvorstand des EVS/ASE)

*April 2017*

Occupational therapy is aimed at improving an individual's quality of life by assisting him/her to choose, arrange and carry out daily activities. Individuals who may benefit from occupational therapy include those whose daily function and social participation are limited by physical and/or psychosocial dysfunction, developmental disabilities, learning disabilities, aging, or inadequate socio-cultural environment. Occupational therapy professionals apply principles of occupational science and of activity analysis to determine factors influencing the individual's occupational performance, and approach these factors from a bio-psycho-social perspective. In addition, occupational therapists often use methods of environmental adaptation, splinting, assistive devices, work simplification and work hardening to help the individual engage in meaningful daily activities, maintain his/her sense of well-being and prevent regression in function to ensure one's satisfaction of life.

### **職能治療的定義**

職能治療是透過幫助個案選擇、安排與執行日常的職能活動，進而提昇其生活品質。職能治療的對象包括因生理、心理及社會功能障礙、發展遲緩、學習障礙、老化或社會文化環境不利等因素而導致執行個人的活動或參與社會的能力受限者。職能治療專業人員應用職能科學與理論及活動分析，來瞭解影響個案職能表現的原因；針對個案的生理、心理及社會功能予以訓練、提昇，同時並運用環境改造、副木及輔助用具、工作簡化、以及工作強化等方法，來幫助個案能夠執行有意義的日常活動，以維持其身心功能，並預防功能之退化，讓每個人都能夠過著有品質的生活。

May 2017

## Occupational Therapists Association of Thailand (Thailand)

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กิจกรรมบำบัด (Occupational Therapy) หมายความว่า การกระทำเกี่ยวกับความสามารถของบุคคลที่มีความบกพร่องทางด้านร่างกาย จิตใจ การเรียนรู้และการพัฒนาเกี่ยวกับเด็ก โดยกระบวนการตรวจ ประเมิน ส่งเสริมป้องกันบำบัดและฟื้นฟูสมรรถภาพ ให้สามารถทำกิจกรรมต่าง ๆ ได้ เพื่อให้บุคคลดำเนินชีวิตได้ตามศักยภาพ โดยการนำกิจกรรม วิธีการ และอุปกรณ์ที่เหมาะสมมาเป็นวิธีการในการบำบัด

Occupational Therapy is an intervention concern with performance of individuals who has physical disabilities, mental disabilities, learning disability and developmental disabilities. The process compose of examination evaluation promotion prevention provide therapy and rehabilitation so they can be able to live with their full potential. The mean for therapy is using meaningful activities, appropriate method and instruments.

*April 2017*

## La profession d'ergothérapeute

L'ergothérapie est une profession de la santé qui vise à promouvoir la santé et le bien-être par l'occupation. Le principal objectif de l'ergothérapeute est de donner à chacun les moyens de prendre part aux activités quotidiennes. Elle est basée sur le principe que la participation à des activités significatives peut promouvoir la santé, le bien-être et l'identité de l'individu. L'ergothérapie est une thérapie par l'activité. Elle intervient tout au long du processus de prévention, (ré)éducation, (ré)adaptation et (ré)intégration, ainsi que dans la promotion de la santé.

L'ergothérapie s'adresse à des personnes atteintes de maladie ou de déficiences de nature somatique, psychique ou intellectuelle, à des personnes présentant des incapacités ou à des personnes en situation de handicap temporaire ou définitif. Le but de l'ergothérapie est d'aider les individus à parvenir à un mode de vie satisfaisant, autonome et productif. Elle travaille à diminuer les barrières qui entravent les personnes dans leurs activités de la vie quotidienne.

En tant que spécialiste du rapport entre l'activité humaine et la santé, l'ergothérapeute prend en considération non seulement les effets physiques ou psychiques d'une maladie, d'un problème de développement ou du vieillissement, mais aussi les facteurs psycho-sociaux, communautaires et environnementaux qui influencent le fonctionnement. A travers des évaluations ergothérapeutiques et par l'identification, avec l'individu et son entourage, des priorités, l'ergothérapeute vise à réduire les situations de handicap de la personne et à augmenter sa participation sociale afin d'améliorer sa qualité de vie, en particulier au niveau des occupations quotidiennes et des habitudes de vie (soins personnels, productivité et loisirs).

L'ergothérapeute utilise des activités adaptées significatives pour la personne. Il assure une installation adéquate de la personne. Il conçoit, réalise et conseille des aides techniques et des orthèses. Il aménage et adapte l'environnement du domicile, du lieu de travail ou de l'école. L'ergothérapeute aide l'individu à développer des habiletés pour accomplir ses activités ou rôles ou à apprendre de nouvelles façons de les effectuer.

L'ergothérapeute reconnaît l'importance du travail d'équipe. Par la coordination et par l'échange avec les autres intervenants et l'entourage de la personne, il favorise une approche globale de la personne.

## العلاج الوظيفي

العلاج الوظيفي (المداواة بالعمل) هو مهنة في مجال الصحة غايته الاعتناء بالصحة والراحة النفسية عبر النشاط. إنَّ هدف العلاج الوظيفي الرئيسي هو توفير الوسائل التي تمكن كل فرد من المشاركة في الأنشطة اليومية. العلاج الوظيفي قائم على مبدأ المشاركة في الأنشطة الهادفة التي يمكن أن تحسن الصحة و توفر الراحة و تحقق هوية الفرد. إنَّ العلاج الوظيفي هو علاج بالنشاط و يكون بالتدخل خلال المسار الوقائي, التأهيل, إعادة التأهيل و الإدماج.

يعتني العلاج الوظيفي بالأشخاص المصابين باضطرابات نفسية أو اختلالات ذهنية, أو الأشخاص العاجزين أو الذين يعانون من إعاقة مؤقتة أو دائمة. يهدف العلاج الوظيفي إلى مساعدة الأفراد إلى الوصول إلى نمط حياة مرضي فيكونون منتجين و معتمدين على أنفسهم. فهو يسعى إلى تقليص الحواجز التي تُحوّل دون الأفراد و ممارستهم أنشطتهم اليومية.

إنَّ المعالجين الوظيفيين لاختصاصهم في العلاقة بين النشاط البشري و الصحة, لا يهتمون فقط بالتأثيرات الفيزيائية و النفسية لمرض معين, أو مشكل في النمو و الشيخوخة, بل كذلك بالعوامل النفسية-الاجتماعية, و عوامل البيئة و المحيط والمؤثرة في الجانب الوظيفي للفرد.

يعتمد المعالج الوظيفي على التقويمات العلاجية الوظيفية و تحديد أولويات الفرد و محيطه لتقليص العوامل المعيقة له و ترفيع مشاركته الاجتماعية لتحسين نمط حياته خاصة على مستوى الاهتمامات اليومية و العادات الحياتية للفرد (حاجاته الذاتية, الإنتاجية و الترفيه).

يستعمل المعالجون الوظيفيون أنشطة مناسبة و هادفة للفرد. إنهم يوفرّون تموضعا جيدا للفرد و يصنعون المساعدات التقنية و ينصحون بها. و هم يُهيئُون و يؤهّلُون مقر إقامة الفرد و مجال عمله أو دراسته.

يساعد المعالجون الوظيفيون الفرد على تنمية قدراته للقيام بأنشطته و أداء أدواره أو على تلقينه طرق جديدة لإنجاز وظائفه. إن المعالجين الوظيفيين يعترفون بفضل العمل الجماعي و يتناولون مقارنة شاملة للفرد عبر التنسيق مع بقية الأخصائيين و العائلات.

*May 2017*



**Uganda Association of Occupational Therapists**  
(Uganda)

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Okujjanjaba nga weyambisa emirimo egya bulijjo, lyettabi ly'obulamu, ery'obuvunanyizibwa, eri abantu abalema, nabo abatategeera bulungi mu bwongo era ne bakateyamba. Obuleema buyinza okuba nga bwa kiseera oba nga bwalubeereera.

Munzijanjaba eno, omukugu ayigiriza abantu bano okwenyigira mu mirimu egitekeddwa okuba sobozesa okukozesa ebitundu byabwe eby'omubiri mu bujjuvu, nge'ekigendererwa, basobole okutukiriza ebyetaago byabwe mukukola, okukolagana nabalala awamu n'okwetaba mubulamu obujjuvu.

A method of treatment where functional activity is the focus to help people with physical, mental, and social problems to be as independent as possible in activities of daily living. The aim of Occupational Therapy is to improve independence, to prevent or reduce disability and to maintain health.

*November 2002*

**DEFINITION OF OCCUPATIONAL THERAPY**  
**ADOPTED BY COUNCIL AT**  
**COT2 2003-04 14<sup>th</sup> JANUARY 2004**

**'Occupational Therapy enables people to achieve health, well being and life satisfaction through participation in occupation.'**

**DEFINITION OF OCCUPATION**

*Occupation:* daily activities that reflect cultural values, provide structure to living and meaning to individuals; these activities meet human needs for self care, enjoyment and participation in society.

Willard & Spackman 10<sup>th</sup> Edition 2003

*September 2009*

**Definition of Occupational Therapy Practice for the AOTA Model Practice Act**

The practice of occupational therapy means the therapeutic use of everyday life activities (occupations) with individuals or groups for the purpose of participation in roles and situations in home, school, workplace, community, and other settings. Occupational therapy services are provided for the purpose of promoting health and wellness and to those who have or are at risk for developing an illness, injury, disease, disorder, condition, impairment, disability, activity limitation, or participation restriction. Occupational therapy addresses the physical, cognitive, psychosocial, sensory, and other aspects of performance in a variety of contexts to support engagement in everyday life activities that affect health, well-being, and quality of life.

The practice of occupational therapy includes:

- A. Methods or strategies selected to direct the process of interventions such as:
  - 1. Establishment, remediation, or restoration of a skill or ability that has not yet developed or is impaired.
  - 2. Compensation, modification, or adaptation of activity or environment to enhance performance.
  - 3. Maintenance and enhancement of capabilities without which performance in everyday life activities would decline.
  - 4. Health promotion and wellness to enable or enhance performance in everyday life activities.
  - 5. Prevention of barriers to performance, including disability prevention.
  
- B. Evaluation of factors affecting activities of daily living (ADL), instrumental activities of daily living (IADL), education, work, play, leisure, and social participation, including:
  - 1. Client factors, including body functions (such as neuromuscular, sensory, visual, perceptual, cognitive) and body structures (such as cardiovascular, digestive, integumentary, genitourinary systems).
  - 2. Habits, routines, roles, and behavior patterns.
  - 3. Cultural, physical, environmental, social, and spiritual contexts and activity demands that affect performance.
  - 4. Performance skills, including motor, process, and communication/interaction skills.
  
- C. Interventions and procedures to promote or enhance safety and performance in activities of daily living (ADL), instrumental activities of daily living (IADL), education, work, play, leisure, and social participation, including:
  - 1. Therapeutic use of occupations, exercises, and activities.
  - 2. Training in self-care, self-management, home management, and community/work reintegration.
  - 3. Development, remediation, or compensation of physical, cognitive, neuromuscular, sensory functions and behavioral skills.
  - 4. Therapeutic use of self, including one's personality, insights, perceptions, and judgments, as part of the therapeutic process.
  - 5. Education and training of individuals, including family members, caregivers, and others.
  - 6. Care coordination, case management, and transition services.
  - 7. Consultative services to groups, programs, organizations, or communities.
  - 8. Modification of environments (home, work, school, or community) and adaptation of processes, including the application of ergonomic principles.
  - 9. Assessment, design, fabrication, application, fitting, and training in assistive technology, adaptive devices, and orthotic devices, and training in the use of prosthetic devices.
  - 10. Assessment, recommendation, and training in techniques to enhance functional mobility, including wheelchair management.
  - 11. Driver rehabilitation and community mobility.
  - 12. Management of feeding, eating, and swallowing to enable eating and feeding performance.
  - 13. Application of physical agent modalities, and use of a range of specific therapeutic procedures (such as wound care management; techniques to enhance sensory, perceptual, and cognitive processing; manual therapy techniques) to enhance performance skills.

**Federacion Venezolana de Terapeutas Ocupacionales**  
(Venezuela)

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The definition of Occupational Therapy, as it appears in Article 2 of the Project of Law for the Practice of OT recently introduced to the Venezuelan National Assembly (Congress) is as follows:

La Terapia Ocupacional es una profesión del área de la salud, cuya propósito primordial es facilitar que las personas con alteraciones del funcionamiento, discapacidad, o riesgo de presentar discapacidad, puedan elegir, organizar y desempeñar ocupaciones satisfactorias y valoradas por la persona y su grupo social. El propósito secundario es desarrollar, o recuperar y mantener, las habilidades físicas, cognitivas y sociales necesarias para el desempeño de las actividades cotidianas y de los roles ocupacionales. El instrumento de intervención es la ocupación en las áreas del cuidado de sí mismo, de la recreación, del estudio y del trabajo.

Occupational therapy is a health profession, whose primary role is to enable persons with altered function, disability, or who are at risk for disability, to choose, organize and perform satisfactory occupations which are valued by the person and his/her social group. Its secondary role is to develop, or recover and maintain, the physical, cognitive and social abilities necessary to perform daily activities and occupational roles. The intervention instrument is occupation in the areas of self-care, leisure, study and work.

*August 2013*