

what are performance skills in occupational therapy

****Understanding What Are Performance Skills in Occupational Therapy****

What are performance skills in occupational therapy? This question often arises when people want to grasp how occupational therapists help individuals regain independence and improve their quality of life. Performance skills are essentially the observable abilities that a person uses to carry out daily activities effectively. These skills are crucial because they form the foundation of how someone interacts with their environment, completes tasks, and participates in meaningful occupations. In occupational therapy, understanding and assessing performance skills allows therapists to tailor interventions that enhance a person's functional capabilities.

Defining Performance Skills in Occupational Therapy

At its core, performance skills refer to the small, goal-directed actions that a person demonstrates while engaging in activities. These skills are not the tasks themselves but the components of doing those tasks successfully. For instance, making a cup of coffee involves many performance skills such as motor coordination, sequencing, attention, and communication. Occupational therapists break down activities into these skills to identify where challenges may lie.

Performance skills are broadly categorized into several domains, including motor skills, process skills, and social interaction skills. Each domain captures a different aspect of how a person performs activities, and therapists observe these during assessments to understand a client's strengths and limitations.

Key Domains of Performance Skills

Motor Skills

Motor skills involve the physical actions a person uses to move and manipulate objects during activities. This includes fine motor skills like grasping a pencil, gross motor skills such as walking or climbing stairs, and coordination. In occupational therapy, motor skills are essential because they affect a person's ability to perform everyday tasks like dressing, cooking, or writing.

For example, an individual recovering from a stroke might face challenges with motor skills due to muscle weakness or impaired coordination. Occupational therapists work on rebuilding these skills through targeted exercises and functional activities that mimic real-life tasks.

Process Skills

Process skills relate to how a person organizes, sequences, and adapts actions to complete a task successfully. These skills are cognitive in nature and involve planning, problem-solving, and attention to detail. For instance, when preparing a meal, process skills help a person decide the order of steps, adjust if an ingredient is missing, and stay focused until the task is completed.

Difficulties in process skills can manifest as forgetfulness, disorganization, or impulsivity. Occupational therapy interventions might include strategies to improve executive functioning, such as using checklists or breaking tasks into smaller, manageable parts.

Social Interaction Skills

Social interaction skills encompass the abilities needed to communicate and engage effectively with others during activities. This includes maintaining eye contact, taking turns in conversation, understanding social cues, and responding appropriately. These skills are vital for participating in social roles such as being a family member, employee, or friend.

Individuals with autism spectrum disorder, for example, may struggle with social interaction skills. Occupational therapists use social skills training and role-playing exercises to enhance these abilities, facilitating better social participation.

Why Performance Skills Matter in Occupational Therapy

Occupational therapy focuses on enabling people to participate in the activities that matter most to them. Performance skills are the building blocks that make such participation possible. Without adequate performance skills, individuals may find it difficult to achieve independence or maintain their roles in daily life.

By assessing performance skills, occupational therapists can pinpoint specific areas of difficulty and design individualized treatment plans. This targeted approach maximizes the effectiveness of therapy and helps clients gain confidence in their abilities.

Moreover, improving performance skills often leads to better overall well-being. When people can engage in meaningful activities, they experience increased self-esteem, reduced stress, and enhanced social connections.

How Occupational Therapists Assess Performance Skills

Assessment of performance skills typically involves observing clients during real or simulated

activities. Occupational therapists use standardized tools and clinical observation to evaluate how well a person uses motor, process, and social interaction skills.

Some common assessment methods include:

- **Standardized Tests:** Tools like the Assessment of Motor and Process Skills (AMPS) provide objective measures of a person's performance in daily tasks.
- **Activity Analysis:** Breaking down tasks into smaller components to see where difficulties occur.
- **Client Interviews:** Understanding the client's goals, challenges, and perspectives.
- **Environment Assessment:** Considering how the surroundings affect performance skills.

This comprehensive evaluation helps therapists develop a clear picture of the client's functional abilities and needs.

Improving Performance Skills Through Occupational Therapy

Once performance skills have been assessed, occupational therapists implement interventions tailored to the individual. These interventions often combine skill-building exercises, adaptive techniques, and environmental modifications.

Here are some common strategies used to enhance performance skills:

- **Task-specific training:** Practicing the exact activities that a client wants to improve, such as cooking or dressing.
- **Adaptive equipment:** Introducing tools like grabbers, weighted utensils, or communication devices to compensate for skill deficits.
- **Cognitive strategies:** Teaching memory aids, organizational techniques, and problem-solving skills.
- **Social skills development:** Using role-playing and social stories to improve interaction abilities.
- **Environmental modifications:** Adjusting the home or workplace to support better performance, such as rearranging furniture or improving lighting.

Therapists continually monitor progress and adjust interventions to ensure that clients achieve meaningful improvements in their daily lives.

Examples of Performance Skills in Everyday Life

To understand what are performance skills in occupational therapy more tangibly, consider these everyday examples:

- **Dressing:** Requires fine motor skills to button a shirt, process skills to choose appropriate clothing, and social interaction skills when dressing for specific occasions.
- **Cooking:** Involves motor skills for chopping and stirring, process skills for following recipes and timing, and sometimes social skills when cooking for others.
- **Writing an Email:** Needs motor skills for typing, process skills for organizing thoughts and composing sentences, and social interaction skills to communicate appropriately.
- **Shopping:** Combines motor skills for carrying bags, process skills for budgeting and list-making, and social skills for interacting with store staff.

Occupational therapy focuses on enhancing these skills so that individuals can participate fully in their chosen activities.

The Role of Performance Skills in Rehabilitation and Health Promotion

Performance skills are at the heart of both rehabilitation and health promotion in occupational therapy. For individuals recovering from injury, illness, or surgery, rebuilding performance skills is essential to regain independence. For example, a person after a traumatic brain injury may need to relearn how to sequence tasks or improve hand-eye coordination.

In health promotion, occupational therapists encourage the development of performance skills that prevent disability and support aging in place. Teaching ergonomic techniques, stress management, and social engagement are ways to maintain or enhance performance skills over time.

By focusing on performance skills, occupational therapy bridges the gap between medical treatment and everyday functionality.

Performance skills in occupational therapy are fundamental components that determine how effectively people can engage in their daily lives. Understanding these skills helps therapists create personalized and impactful interventions, fostering greater independence and well-being. Whether improving motor coordination, refining cognitive processes, or enhancing social interactions, occupational therapy continuously aims to empower individuals through the mastery of performance skills.

Frequently Asked Questions

What are performance skills in occupational therapy?

Performance skills in occupational therapy refer to the observable elements of action that clients demonstrate during the execution of activities, including motor, process, and social interaction skills.

Why are performance skills important in occupational therapy?

Performance skills are important because they help occupational therapists assess a client's ability to perform daily activities and identify specific areas that need intervention to improve functional independence.

What types of performance skills are assessed in occupational therapy?

Occupational therapists assess three main types of performance skills: motor skills (movement and coordination), process skills (organization and problem-solving), and social interaction skills (communication and social behavior).

How do occupational therapists evaluate performance skills?

Occupational therapists evaluate performance skills through observation during activities, standardized assessments, and client interviews to understand how well clients perform tasks in real-life contexts.

Can performance skills in occupational therapy be improved?

Yes, performance skills can be improved through targeted interventions, therapeutic activities, and adaptive strategies designed to enhance a client's ability to perform daily tasks effectively and independently.

Additional Resources

****Understanding Performance Skills in Occupational Therapy: A Professional Insight****

What are performance skills in occupational therapy is a fundamental question that underpins the practice and efficacy of this rehabilitative discipline. These skills represent the observable elements of action that clients demonstrate during their engagement in everyday activities, which occupational therapists meticulously assess, analyze, and aim to enhance. In essence, performance skills serve as the building blocks enabling individuals to perform meaningful tasks that contribute to their independence and quality of life.

Occupational therapy (OT) revolves around enabling participation in daily occupations—ranging from self-care and work to leisure and social interaction. Performance skills are critical components in this process, as they directly influence how effectively a person can execute these tasks. Given the complexity and diversity of human activity, understanding what are performance skills in occupational therapy involves delving into various categories that encompass motor, process, and

social interaction skills.

Defining Performance Skills in Occupational Therapy

Performance skills refer to the specific, observable, and goal-directed actions that clients use to carry out activities. These skills are distinct from client factors such as values, beliefs, or body functions, focusing instead on the dynamic interaction between the individual and the task at hand. They are what therapists observe during the performance of an occupation, providing insights into the underlying abilities or challenges that may impact task completion.

The American Occupational Therapy Association (AOTA) categorizes performance skills into three primary domains:

1. Motor Skills

Motor skills encompass the physical actions required to move and manipulate objects or navigate environments. They involve coordination, strength, balance, and body mechanics. Examples include reaching, grasping, lifting, bending, walking, and stabilizing objects.

2. Process Skills

Process skills relate to the cognitive and organizational aspects of task performance. These include the ability to sequence actions, maintain attention, adapt to changing conditions, and solve problems during the activity. Examples are initiating tasks, sequencing steps, pacing, and organizing materials.

3. Social Interaction Skills

Social interaction skills pertain to the behaviors and communication methods used when engaging with others. These skills cover verbal and non-verbal communication, turn-taking, expressing emotions appropriately, and negotiating roles within social contexts.

The Role of Performance Skills in Occupational Therapy Assessment

When occupational therapists assess clients, they focus on identifying the strengths and deficits in performance skills to tailor interventions effectively. Tools such as the Assessment of Motor and Process Skills (AMPS) provide standardized measures to evaluate how well clients perform tasks in naturalistic settings.

The assessment process involves observing clients during purposeful activities, noting the quality and efficiency of their motor, process, and social interaction skills. For example, a therapist might observe a stroke survivor preparing a meal, paying close attention to how they handle utensils (motor skills), plan the cooking sequence (process skills), and communicate with family members in the kitchen (social interaction skills).

Understanding what are performance skills in occupational therapy is crucial for differentiating between impairments caused by physical limitations and those stemming from cognitive or social challenges. This differentiation allows therapists to design targeted interventions that address the root causes rather than merely treating symptoms.

Interrelationship Between Performance Skills and Client Factors

While performance skills focus on observable actions, they are inherently linked to client factors such as muscle strength, sensory function, cognition, and emotional regulation. For example, deficits in motor skills may arise from muscle weakness or joint stiffness, whereas challenges in process skills might relate to cognitive impairments such as memory loss or executive dysfunction.

This interplay emphasizes a holistic approach in occupational therapy, where therapists evaluate both the underlying client factors and the manifested performance skills to optimize outcomes.

Enhancing Performance Skills Through Intervention

Interventions in occupational therapy commonly aim to improve or compensate for deficits in performance skills to facilitate functional independence. Approaches vary depending on the client's diagnosis, environment, and goals.

Motor Skills Training

Improving motor skills often involves exercises to enhance strength, coordination, and range of motion. Techniques such as task-specific training, neuromuscular re-education, and adaptive equipment use are employed to enable clients to perform physical tasks more efficiently.

Process Skills Development

Cognitive retraining, strategy training, and environmental modifications are key methods to bolster process skills. Therapists might teach clients to use checklists, establish routines, or apply problem-solving techniques to manage complex tasks.

Social Interaction Skill Facilitation

Social skills training, role-playing, and communication strategies help clients navigate interpersonal interactions. Particularly in mental health or pediatric occupational therapy, enhancing social interaction skills can significantly improve participation in community and family activities.

Comparative Perspectives: Performance Skills Versus Client Factors and Context

A nuanced understanding of what are performance skills in occupational therapy also involves distinguishing them from other components of occupational performance, such as client factors and the environmental context.

- ****Client Factors****: These include physiological and psychological attributes like muscle tone, cognition, and sensory perception. While they influence performance skills, they are internal characteristics rather than observable actions.

- ****Context and Environment****: These refer to the physical, social, cultural, and temporal conditions surrounding the individual. Environment plays a pivotal role in shaping performance skills by either facilitating or hindering task execution.

This distinction is critical for occupational therapists in formulating intervention plans that not only address skill deficits but also adapt the environment or modify client factors when possible.

Challenges in Measuring Performance Skills

Assessing performance skills can be complex due to their dynamic and context-dependent nature. Variables such as client motivation, task complexity, and environmental distractions can influence performance, making standardized assessment challenging.

Moreover, cultural factors may affect social interaction skills, requiring therapists to consider cultural competence in their evaluations.

The Significance of Performance Skills in Occupational Therapy Outcomes

Improving performance skills directly correlates with enhanced occupational performance and participation. For example, a child with developmental coordination disorder who improves motor skills can better engage in play and school activities. Similarly, an adult recovering from traumatic brain injury who regains process skills may return to work more successfully.

Occupational therapists often document progress in performance skills as measurable outcomes,

validating the effectiveness of their interventions. This evidence-based approach supports continuous professional development and improves client satisfaction.

Future Directions and Research in Performance Skills

Emerging technologies such as virtual reality and wearable sensors offer innovative avenues for assessing and training performance skills with greater precision and engagement. Additionally, interdisciplinary research integrating neuroscience and rehabilitation science is expanding our understanding of how performance skills develop and recover.

Understanding what are performance skills in occupational therapy remains a dynamic field, continually evolving to meet the complex needs of diverse populations.

The exploration of performance skills not only enriches the occupational therapy profession but also empowers clients to reclaim autonomy and meaningful engagement in their lives.

What Are Performance Skills In Occupational Therapy

Related to what are performance skills in occupational therapy

Employee performance management - HBR Find new ideas and classic advice for global leaders from the world's best business and management experts

Why Feedback Can Make Work More Meaningful - Harvard Here are three reasons why feedback can create more meaningful work, and how you as a manager can make sure your feedback conversations are designed for maximum

Research: Performance Reviews That Actually Motivate Employees Performance reviews are an important tool to help managers and organizations motivate and engage their workforce. Narrative-based feedback provides employees with more

What Are Your KPIs Really Measuring? - Harvard Business Review He is a recognized expert in strategy and performance measurement who helps managers, executives, and boards create successful organizations in the private, public, and

The Future of Performance Reviews - Harvard Business Review Hated by bosses and subordinates alike, traditional performance appraisals have been abandoned by more than a third of U.S. companies. The annual review's biggest limitation, the

Creating Sustainable Performance - Harvard Business Review Reprint: R1201F What makes for sustainable individual and organizational performance? Employees who are thriving—not just satisfied and productive but also engaged in creating the

Research: Pay-for-Performance Doesn't Have to Stress Workers Out Pay-for-performance (PFP) is considered one of the strongest tools to motivate employees, yet despite its popularity, it can sometimes create stress for workers that results in

When a Performance Improvement Plan Could Help Your Employee A Performance Improvement Plan (PIP) is a formal approach to remedy an employee's performance gaps, including failures to meet specific job goals or behavior-related

Research: Gen AI Makes People More Productive—and Less Generative AI (gen AI) has

revolutionized workplaces, allowing professionals to produce high-quality work in less time. Whether it's drafting a performance review,

9 Trends That Will Shape Work in 2025 and Beyond Gartner research has identified three key challenges for company leaders in the coming year: 1) New demands for a future-ready workforce; 2) The evolving role of managers,

Employee performance management - HBR Find new ideas and classic advice for global leaders from the world's best business and management experts

Why Feedback Can Make Work More Meaningful - Harvard Here are three reasons why feedback can create more meaningful work, and how you as a manager can make sure your feedback conversations are designed for maximum

Research: Performance Reviews That Actually Motivate Employees Performance reviews are an important tool to help managers and organizations motivate and engage their workforce. Narrative-based feedback provides employees with

What Are Your KPIs Really Measuring? - Harvard Business Review He is a recognized expert in strategy and performance measurement who helps managers, executives, and boards create successful organizations in the private, public, and

The Future of Performance Reviews - Harvard Business Review Hated by bosses and subordinates alike, traditional performance appraisals have been abandoned by more than a third of U.S. companies. The annual review's biggest limitation, the

Creating Sustainable Performance - Harvard Business Review Reprint: R1201F What makes for sustainable individual and organizational performance? Employees who are thriving—not just satisfied and productive but also engaged in creating the

Research: Pay-for-Performance Doesn't Have to Stress Workers Out Pay-for-performance (PFP) is considered one of the strongest tools to motivate employees, yet despite its popularity, it can sometimes create stress for workers that results in

When a Performance Improvement Plan Could Help Your Employee A Performance Improvement Plan (PIP) is a formal approach to remedy an employee's performance gaps, including failures to meet specific job goals or behavior-related

Research: Gen AI Makes People More Productive—and Less Generative AI (gen AI) has revolutionized workplaces, allowing professionals to produce high-quality work in less time. Whether it's drafting a performance review,

9 Trends That Will Shape Work in 2025 and Beyond Gartner research has identified three key challenges for company leaders in the coming year: 1) New demands for a future-ready workforce; 2) The evolving role of managers,

Employee performance management - HBR Find new ideas and classic advice for global leaders from the world's best business and management experts

Why Feedback Can Make Work More Meaningful - Harvard Here are three reasons why feedback can create more meaningful work, and how you as a manager can make sure your feedback conversations are designed for maximum

Research: Performance Reviews That Actually Motivate Employees Performance reviews are an important tool to help managers and organizations motivate and engage their workforce. Narrative-based feedback provides employees with more

What Are Your KPIs Really Measuring? - Harvard Business Review He is a recognized expert in strategy and performance measurement who helps managers, executives, and boards create successful organizations in the private, public, and

The Future of Performance Reviews - Harvard Business Review Hated by bosses and subordinates alike, traditional performance appraisals have been abandoned by more than a third of U.S. companies. The annual review's biggest limitation, the

Creating Sustainable Performance - Harvard Business Review Reprint: R1201F What makes for sustainable individual and organizational performance? Employees who are thriving—not just satisfied and productive but also engaged in creating the

Research: Pay-for-Performance Doesn't Have to Stress Workers Out Pay-for-performance (PFP) is considered one of the strongest tools to motivate employees, yet despite its popularity, it can sometimes create stress for workers that results in

When a Performance Improvement Plan Could Help Your Employee A Performance Improvement Plan (PIP) is a formal approach to remedy an employee's performance gaps, including failures to meet specific job goals or behavior-related

Research: Gen AI Makes People More Productive—and Less Generative AI (gen AI) has revolutionized workplaces, allowing professionals to produce high-quality work in less time. Whether it's drafting a performance review,

9 Trends That Will Shape Work in 2025 and Beyond Gartner research has identified three key challenges for company leaders in the coming year: 1) New demands for a future-ready workforce; 2) The evolving role of managers,

Employee performance management - HBR Find new ideas and classic advice for global leaders from the world's best business and management experts

Why Feedback Can Make Work More Meaningful - Harvard Here are three reasons why feedback can create more meaningful work, and how you as a manager can make sure your feedback conversations are designed for maximum

Research: Performance Reviews That Actually Motivate Employees Performance reviews are an important tool to help managers and organizations motivate and engage their workforce.

Narrative-based feedback provides employees with more

What Are Your KPIs Really Measuring? - Harvard Business Review He is a recognized expert in strategy and performance measurement who helps managers, executives, and boards create successful organizations in the private, public, and

The Future of Performance Reviews - Harvard Business Review Hated by bosses and subordinates alike, traditional performance appraisals have been abandoned by more than a third of U.S. companies. The annual review's biggest limitation, the

Creating Sustainable Performance - Harvard Business Review Reprint: R1201F What makes for sustainable individual and organizational performance? Employees who are thriving—not just satisfied and productive but also engaged in creating the

Research: Pay-for-Performance Doesn't Have to Stress Workers Out Pay-for-performance (PFP) is considered one of the strongest tools to motivate employees, yet despite its popularity, it can sometimes create stress for workers that results in

When a Performance Improvement Plan Could Help Your Employee A Performance Improvement Plan (PIP) is a formal approach to remedy an employee's performance gaps, including failures to meet specific job goals or behavior-related

Research: Gen AI Makes People More Productive—and Less Generative AI (gen AI) has revolutionized workplaces, allowing professionals to produce high-quality work in less time. Whether it's drafting a performance review,

9 Trends That Will Shape Work in 2025 and Beyond Gartner research has identified three key challenges for company leaders in the coming year: 1) New demands for a future-ready workforce; 2) The evolving role of managers,

Employee performance management - HBR Find new ideas and classic advice for global leaders from the world's best business and management experts

Why Feedback Can Make Work More Meaningful - Harvard Here are three reasons why feedback can create more meaningful work, and how you as a manager can make sure your feedback conversations are designed for maximum

Research: Performance Reviews That Actually Motivate Employees Performance reviews are an important tool to help managers and organizations motivate and engage their workforce.

Narrative-based feedback provides employees with

What Are Your KPIs Really Measuring? - Harvard Business Review He is a recognized expert in strategy and performance measurement who helps managers, executives, and boards create

successful organizations in the private, public, and

The Future of Performance Reviews - Harvard Business Review Hated by bosses and subordinates alike, traditional performance appraisals have been abandoned by more than a third of U.S. companies. The annual review's biggest limitation, the

Creating Sustainable Performance - Harvard Business Review Reprint: R1201F What makes for sustainable individual and organizational performance? Employees who are thriving—not just satisfied and productive but also engaged in creating the

Research: Pay-for-Performance Doesn't Have to Stress Workers Out Pay-for-performance (PFP) is considered one of the strongest tools to motivate employees, yet despite its popularity, it can sometimes create stress for workers that results in

When a Performance Improvement Plan Could Help Your Employee A Performance Improvement Plan (PIP) is a formal approach to remedy an employee's performance gaps, including failures to meet specific job goals or behavior-related

Research: Gen AI Makes People More Productive—and Less Generative AI (gen AI) has revolutionized workplaces, allowing professionals to produce high-quality work in less time. Whether it's drafting a performance review,

9 Trends That Will Shape Work in 2025 and Beyond Gartner research has identified three key challenges for company leaders in the coming year: 1) New demands for a future-ready workforce; 2) The evolving role of managers,

Related to what are performance skills in occupational therapy

Occupational Therapy: Skills for the job of living (usace.army.mil16y) Imagine not being able to tie your shoes, cook a meal, pick up a child, or participate in the leisure activity that you enjoy most. These, and so many other activities are taken for granted until an

Occupational Therapy: Skills for the job of living (usace.army.mil16y) Imagine not being able to tie your shoes, cook a meal, pick up a child, or participate in the leisure activity that you enjoy most. These, and so many other activities are taken for granted until an

Pediatric Occupational Therapy (UUHC Health Feed4y) At the Life Skills Clinic, we work to meet the needs of children of all ages who have challenges with development and functional performance. This could include overall child development, educational

Pediatric Occupational Therapy (UUHC Health Feed4y) At the Life Skills Clinic, we work to meet the needs of children of all ages who have challenges with development and functional performance. This could include overall child development, educational

Does My Child Need Occupational Therapy? (UUHC Health Feed2y) Does your child have difficulties with day-to-day activities at home, school, or in the community? Do they experience challenges that do not affect most typically developing children? If so, an

Does My Child Need Occupational Therapy? (UUHC Health Feed2y) Does your child have difficulties with day-to-day activities at home, school, or in the community? Do they experience challenges that do not affect most typically developing children? If so, an

Welcome to the Department of Occupational Therapy (Kaleido Scope2y) Applications are now open for the Low Vision Rehabilitation Graduate Certificate program's first course in blindness rehabilitation. This program elective (3 credit hours) will be offered in the

Welcome to the Department of Occupational Therapy (Kaleido Scope2y) Applications are now open for the Low Vision Rehabilitation Graduate Certificate program's first course in blindness rehabilitation. This program elective (3 credit hours) will be offered in the

Occupational Therapy vs. Physical Therapy: What to Know (Healthline5y) Physical therapy and occupational therapy are two types of rehabilitative care. The goal of rehabilitative care is to improve or prevent the worsening of your condition or quality of life due to an

Occupational Therapy vs. Physical Therapy: What to Know (Healthline5y) Physical therapy and

occupational therapy are two types of rehabilitative care. The goal of rehabilitative care is to improve or prevent the worsening of your condition or quality of life due to an

A new form of occupational therapy is using LEGO blocks to help build social skills in Southwest VA (WSLS 102y) BOTETOURT, Va. – A new form of occupational therapy is teaching children the building blocks of life using LEGOs. Jamie Walker is a certified Occupational Therapist Assistant. She saw a need in

A new form of occupational therapy is using LEGO blocks to help build social skills in Southwest VA (WSLS 102y) BOTETOURT, Va. – A new form of occupational therapy is teaching children the building blocks of life using LEGOs. Jamie Walker is a certified Occupational Therapist Assistant. She saw a need in

Skills for Living Occupational Therapy Clinic (Western Michigan University9y) The Skills for Living Clinic promotes mental health well-being through a group approach to treatment and serves clients ages four through young adult. Diagnoses include: ADHD, mood disorders, PTSD,

Skills for Living Occupational Therapy Clinic (Western Michigan University9y) The Skills for Living Clinic promotes mental health well-being through a group approach to treatment and serves clients ages four through young adult. Diagnoses include: ADHD, mood disorders, PTSD,

What Is Occupational Therapy? (Health on MSN2y) Medically reviewed by Forest Miller, OTR/L Occupational therapy (OT) helps you regain your ability to perform daily tasks and

What Is Occupational Therapy? (Health on MSN2y) Medically reviewed by Forest Miller, OTR/L Occupational therapy (OT) helps you regain your ability to perform daily tasks and

Related Articles

- [minnesota history of the land](#)
- [crash course world history columbian exchange](#)
- [cfa level 1 practice exam](#)

[Back to Home](#)