



# CAOT Member Profile

## Areas of practice



1. **Acute Care** – Completes interviews and functional assessments (e.g., mobility, toileting, dressing, cognition) to determine needs for discharge from hospital. OTs work with the care team to recommend a home intervention plan to be put in place (e.g., information and support, a care package and/or equipment).
2. **Advocacy** – Supports clients across the lifespan in many care settings (e.g., acute, home, community). Advocacy is done within direct client care and at a systems level which may include in extended health benefits, public awareness, and promoting increased access to services.
3. **Assistive Technology** – Recommends products, software, devices or equipment to improve or maintain the functional capabilities of persons with disabilities (e.g., prosthetic devices, eye-gaze technology, augmented communication, powered mobility).
4. **Autism** – Improves everyday skills by enabling participation in a wide range of activities meaningful to the client and family. For people with autism, programs often focus on play skills, learning strategies, sensory issues, social skills and self-care.
5. **Brain Injury/Concussion/Spinal Cord** – Focuses on easing the transition back to everyday life through a combination of rehabilitation and compensatory strategies (e.g., adaptive aids, modification of home and/or work environments).
6. **Cancer Care** – Addresses the diverse and unique needs of those living with or recovering from cancer and are re-engaging in occupations. Client-centered and holistic approaches are used to address physical, social, emotional, and spiritual needs and goals.
7. **Cardio-Respiratory Care** – Provides education on stress and anxiety awareness in one-to-one and group settings. Interventions include relaxation strategies, hyperventilation management, pacing, energy conservation, goal setting, and time management.
8. **Caregiver/Family Education** – Assists families and caregivers with providing appropriate care and education (e.g., pictures, hands-on demonstrations, family meetings) depending on the level of familiarity and experience of the caregiver/family.
9. **Case Management** – Provides care coordination for clients and makes informed decisions about care planning and implementation by engaging with all members of the client's care team to integrate a multi-disciplinary approach.



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10. **Chronic Disease Management** – Focuses on prevention, lifestyle modification, and physical and psychosocial rehabilitation to enable individuals to participate in meaningful occupations despite living with a chronic condition.
11. **Chronic Pain** – Focuses on prevention, rehabilitation, self-management, and addressing factors or barriers that intensify pain (e.g., stress, sleep disturbance, energy conservation, and difficulties with communication). Some OTs can also provide specialized interventions (e.g., acupuncture, yoga therapy).
12. **Cognition** – Uses specific assessments to determine a client's current level of cognitive functioning such as problem solving, memory, attention and decision making. Interventions focus on safety and enabling clients to engage in occupations of daily living at a level of independence suitable to their environment and abilities.
13. **Community Care/Crisis/Development** – Centers on the social participation of the individual, group, or community by focusing on prevention, health promotion, citizen participation, and empowerment. A strengths-based approach is used to leverage the resources and supports available within a community.
14. **Dementia** – Assesses difficulties with day-to-day activities and works with the client and family to implement strategies to assist with memory, managing challenging behaviors, falls prevention, meal time activities, medication management and communication.
15. **Developmental Disability** – Brings knowledge of activity analysis to break down tasks into component parts, and to identify what underlying skills and/or adaptations are needed for greater independence and inclusion.
16. **Dysphagia & Digestive Disorders** – Assesses and provides interventions for difficulties with chewing, swallowing, positioning, and digestion as well as identifies issues involved in the task of eating (e.g., sensory motor, cognitive, behavioural, psycho-social).
17. **Driver Assessment & Rehabilitation** – Supports safe driving through policies, programs and interventions directed toward, but not limited to, driver evaluation and retraining, novice driver training, cognitive, motor and perceptual remediation, vehicle modification and driving retirement.



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18. **Equipment Assessments** – Assesses and recommends appropriate personal or home equipment (e.g., wheelchair, walker, shower chair, adapted shower head) to enable participation in daily activities.
19. **Equity & Justice** – Promoting the rights of individuals to have access to the appropriate resources needed to meet their basic needs. Involves challenging governmental laws to remove systemic barriers directly impacting discriminated populations which may considered themselves to be: minority, oppressed, immigrant, Black/Indigenous/Persons of Colour (BIPOC), and persons with disabilities.
20. **Ergonomics** – Performs task analyses to identify the appropriate accommodations for work environments which involves physical assessment, postural evaluation and seated work positions.
21. **Fieldwork/Education** – Provides students with teaching, mentorship, and practical learning experiences associated with the profession of occupational therapy in clinical, and non-clinical settings.
22. **Forensic Mental Health** – Assists with risk reduction and implements recovery and interventions plans for individuals living with mental illness in the justice system, both in inpatient and outpatient settings.
23. **Generalist** – Practices in a wide variety of contexts with competency and skills that are utilized across the life span (e.g. children, adolescents, adults). Generalists often work in rural/remote areas where resources and staffing options are limited and are expected to have knowledge in a variety of areas of practice.
24. **Global Health** – Focuses on issues including disaster relief, working with displaced persons, immigration, working with multiple leaders, and also involves concepts of social accountability and social activism.
25. **Hand Therapy** – Treating conditions that impact the functional use of the arm and hand. Common conditions in this specialized area include fractures, lacerations, amputations, burns, and surgical repairs of tendons and nerves.
26. **Health Promotion & Wellness** – Promote the prevention and minimization of dysfunction by facilitating clients' abilities to adapt and organize their daily activities related to self-care, home management, community participation, education, work, and/or leisure.



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27. **Home Assessment & Modification** – Assesses home environments, recommends modifications, and identifies strategies that enable individuals to participate in daily activities/tasks.
28. **Independent Living & Housing** – Promotes skills that support self-care, mobility, cooking, cleaning and socialization that are necessary for optimal participation and engagement in activities of daily living in the home.
29. **Indigenous Health** – Collaborates with clients, families and communities to identify occupation-focused solutions that are culturally appropriate as defined by Indigenous communities. Funding sources are Indigenous specific to ensure that recommendations are accepted, safe and feasible.
30. **Insurance Assessment** – Assesses client needs following an incident [e.g., Motor Vehicle Accident (MVA), Workplace Accident], by providing clinical expertise on extent of injury; recommends the appropriate services/equipment, and potential recovery timeline.
31. **Intensive Critical Care Unit (ICU) & Emergency Department (ED)** – Assesses and facilitates early mobility to promote future increased out of bed activity, providing opportunities for increased sense of control addressing fragility, sensory education, and environmental intervention such as advocating for a reduction of external stimuli that may contribute to agitation or depression. Positioning, splinting and visualization training are often implemented.
32. **Leadership & Change Agency** – Influences change for the profession and for individuals receiving services through advocacy, policy development, program development, education, and research.
33. **Medical-Legal Services** – Provides reports to lawyers based on the assessment of physical, cognitive, emotional, and behavioral barriers to function at home, work, school or in the community.
34. **Mental Health** – Supports recovery by providing strategies to help clients cope with everyday activities and stressors. Assesses skills, interests, values, and strengths to help clients maintain, modify or participate in meaningful occupations.
35. **MSK Rehabilitation** – Assesses physical and mental health needs to address musculoskeletal injuries such as sprains and strains. Musculoskeletal injuries are soft tissue injuries caused by sudden impact, force, vibration, and unbalanced position. Injuries can influence the muscles, nerves, ligaments, joints, blood vessels, neck, and lower back.



- 36. **MVA Rehabilitation** – Assesses physical, emotional, cognitive and environmental challenges. Collaborates with insurance providers to make recommendations for duration of treatment and equipment to improve participation in daily activities.
- 37. **Neurology** – Facilitates individuals living with neurological conditions [e.g., Spinal Cord Injury (SCI), Amyotrophic Lateral Sclerosis (ALS), Stroke, Parkinson's Diseases] to maximize participation in meaningful daily activities.
- 38. **Older Adults** – Practices in various settings such as hospitals, community, long-term facilities and palliative care. Provides rehabilitation techniques and mental health support to address barriers related to aging and to assist in daily tasks such as dressing, eating, bathing etc.
- 39. **Orthopedics** – Supports clients following orthopaedic trauma or surgery by addressing short and long-term orthopaedic barriers to help improve function in daily activities. Common practice areas include falls recovery/prevention, education after hip/knee replacements, and environment modifications.
- 40. **Occupational Therapy Assistant (OTA)** – Supports the occupational therapist and client in the delivery of treatment plans and achievement of client goals. Works directly with clients on treatment sessions and use their skills to support both the client and supervising OT.
- 41. **Palliative and End of Life (EOL) Care** – Support goals of clients and families utilizing a family-centred and holistic approach to address physical, cognitive, emotional, mental and spiritual health.
- 42. **Parental Health** – Assists parents facing adversity or who require support with the transition to parenthood, including education, adjustments to new roles, and rehabilitation after birth.
- 43. **Pediatrics** – Assesses areas of fine/gross-motor skills, cognitive skills, social development, mental health, and establishing self-care routines. Utilizes a holistic and family-centered approach to implement treatment plans that are based on the child's interests and needs.
- 44. **Policy Development** – Consults, develops, and advocates within health and social care policy to address best practice and positive change.
- 45. **Primary Care** – Utilizes comprehensive, team-based, and continued-care models for health promotion, prevention and treatment. Practices in interprofessional health teams (e.g., Primary Care Networks [PCNs]), where client health and participation in daily activities are addressed.



46. **Psychotherapy** – Utilizes specific therapy approaches targeting behaviour and function through structured interventions. In order to practice psychotherapy, the therapist should consult their respective regulatory college prior to using this treatment approach.
47. **Research** – Conducts research or reviews evidence across fields rooted in occupational science and theory, to inform best practice and to understand, disseminate, and advocate for occupational approaches.
48. **Return to Work** – Utilizes specialized assessments to determine the functional requirements of various jobs, and people's capacity to return to work. Assists with designing and coordinating graded return to work programs and educating clients and employers regarding safe work practices.
49. **Role-Emerging** – Integrating occupational approaches to new practice areas where occupational therapists could be of value. Practitioners identify and address gaps while aiming to develop new roles that address access to occupation.
50. **Sensory Integration & Processing** – Supports individuals across the lifespan using the senses to address functional needs. Interventions include sensory integration, modulation, and stimulation.
51. **Service/Business Administration** – Informs policies and processes in a variety of settings such as non-profit organizations, hospitals, long-term care homes, and private practice.
52. **Sexuality & Gender** – Facilitates open dialogue around sex, gender, sexuality, and intimacy. Addresses and advocates for LGBTQ2S+ such as providing workplace education on inclusive language, and being informed of the specific needs of these clients (e.g., dressing strategies, toileting after gender-affirming surgery).
53. **Substance Use/Addictions** – Utilizes recovery models and models focusing on stages of change to address substance use and addictions. Assesses disruption in daily activities and life roles (e.g., lack of structure/routine, decreased motivation, limited social networks) and develops recovery and safety plans for crisis situations.
54. **Universal Design** – Assesses the accessibility of an environment and provides recommendations that meet the needs of the greatest number of people regardless of age, disability or other factors. These recommendations are provided to enable participation in various environments and activities.



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- 55. **Veterans Affairs or Armed Forces-** Supports Veterans by managing daily health needs and providing education about how to re-engage in meaningful activities. Collaborates with clients and the military community to provide client-centered and holistic care to assist in reintegration of daily activities or the transition into civilian life.
- 56. **Vision –** Addresses vision processing deficits that may occur across the lifespan from various causes (e.g., congenital eye injury, brain injury, aging, disease). Provides compensatory strategies to address visual attention, search and speed, and efficiency in visual processing as well as modification of tasks.
- 57. **Women's Health-** Provides assessment and interventions to meet the unique needs of women, who have historically received poorer health care access and services than men. Utilizes a range of skills and strategies to create a plan to improve women's access to health care services.
- 58. **Workplace Health & Safety –** Conducts assessments of the work environment and provides recommendations/prevention strategies to reduce potential risks. Preventative recommendations include controlling workplace hazards, and providing education about body mechanics and work strategies.