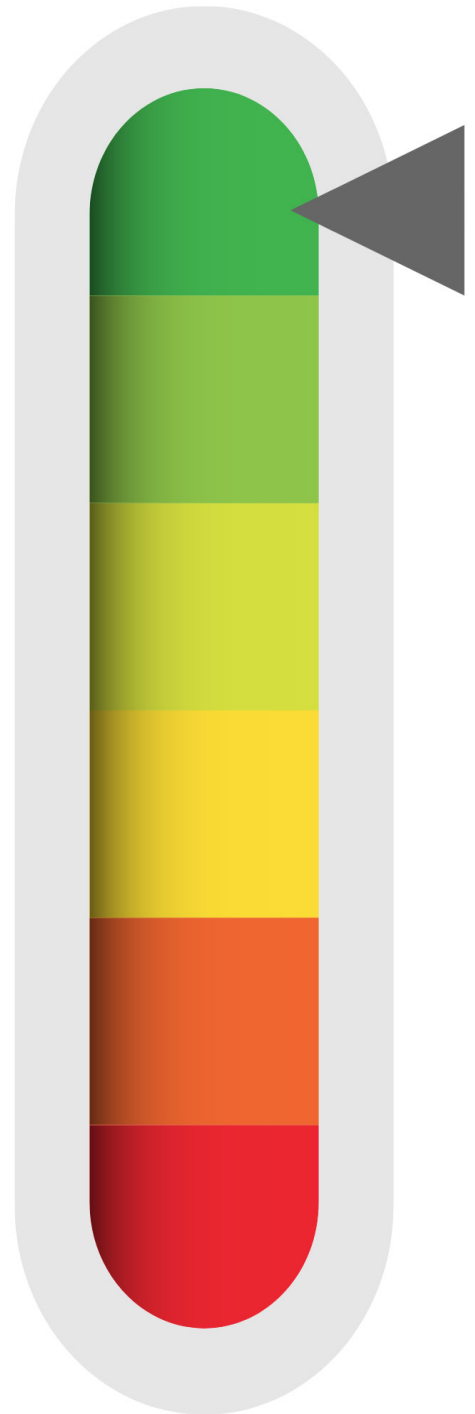


HEALTH PROMOTION

OTs know that people's daily activities impact and are impacted by their health and understand that the dynamic and complex relationship between people, their environments, and their activities impacts health and wellness. As such, OTs support health and wellbeing in several ways:

- OTs **assess and address areas of patients' lives that put them at greater risk** for developing an injury, illness, or disability.
- OTs work **identify health-promoting activities** then **adapt these activities** to fit clients' abilities and lifestyle, and to **develop habits and routines** around them.
- OTs **prevent the occurrence of illness, injury, or disability** for patients across the lifespan by providing education about behaviours and activity adaptations that **mitigate risks**.
- After an injury, illness, or disability has occurred, OTs support patients in **illness management**. OTs provide support and resources that help to **easily and sustainably manage health challenges**, and work with patients to adapt activities and environments so they can **continue to engage in activities** that keep them healthy and happy.



LEARN MORE!

[Occupations and Health \(Position Statement\)](#)

Occupational therapy (OT) practitioners are a natural fit for primary care teams because they offer a valuable, multi-scope skill set that is unique and cost-effective. As rehabilitation and health promotion experts, OTs can help improve client participation in daily activities, encourage healthy lifestyle choices, support mental health, foster self-management of chronic conditions, and identify those who need care prior to crisis or hospitalization.

To learn more, contact Tanya Fawkes, Regional Director CAOT-BC, at tfawkes@caot.ca



Canadian Association of Occupational Therapists • British Columbia
Association canadienne des ergothérapeutes • Colombie-Britannique