



OCCUPATIONAL THERAPY

Occupational Therapy (OT) involves the therapeutic use of everyday life activities to promote health, wellness, and participation in life roles in the home, school, workplace, and community.* OT provides evaluation and treatment services to Veterans and Service members, addressing physical, cognitive, psychosocial, sensory, and other factors that affect independent function. VA Occupational Therapists deliver Veteran-centric, evidence-based care in outpatient clinics, inpatient settings, and Veteran's homes. As leaders in VA's expanding use of telehealth, OT provided over 49,000 visits via telehealth in 2020.

OT services and contributions span VA health system, encompassing a wide spectrum of health conditions and specialty areas including:

- Aging in place/home safety
- Amputation
- Assistive technology
- Behavioral/ mental health
- Cancer rehabilitation
- Caregiver Support Program
- Chronic disease management
- Drivers Rehabilitation
- Environmental Modifications
- Geriatric care
- Hand therapy
- Health promotion and coaching
- Home-Based Primary Care and
- OT services
- Homelessness
- Hospice
- Pain rehabilitation
- Seating and mobility
- Spinal cord injury/disorders
- Stroke/neurological disorders
- Traumatic Brain Injury (TBI)
- Vision loss/ low vision
- Whole Health
- Work hardening, ergonomics

VHA is the single largest employer of occupational therapy practitioners in the United States, employing more than 1,500 occupational therapists and 145 certified occupational therapy assistants at more than 150 sites of care. The Office of Academic Affiliations supports 203 stipend clinical occupational therapy students and five OT Fellowship sites yearly.

*American Occupational Therapy Association. (2011). Definition of occupational therapy practice for the AOTA Model Practice Act.