



When is occupational therapy useful?

Applications for occupational therapy

Occupational therapists use counselling and specific occupational therapy activities to solve individual problems in everyday situations. They work in the following areas:

- **Neurology** e.g. Stroke, multiple sclerosis, traumatic brain injuries
- **Hand surgery** e.g. Carpal tunnel syndrome, tendon injuries
- **Orthopedics** e.g. Tennis elbow, rheumatism
- **Psychiatry** e.g. Addiction, depression, burnout
- **Geriatrics** e.g. Osteoarthritis, dementia
- **Pediatrics** e.g. Developmental delays, ADHD
- In **health promotion and prevention** e.g. ergonomic advice and workplace design.

Occupational therapists work in institutions such as hospitals, outpatient clinics, rehabilitation or convalescent homes, retirement homes, nurseries, schools, sheltered workshops, and in private practices.

Your way to occupational therapy

To receive occupational therapy you will need a prescription from a general practitioner or medical specialist. Once you receive a referral from your practitioner, take it to an occupational therapist and they will explain the rest of the procedure. At least part of your therapy costs will be reimbursed by your health insurance (more information can be found at www.ergotherapie.at). It is mandatory for cost reimbursement that you receive an authorisation of treatment from your health insurance. To do this, proceed as follows:

- A **referral** will be provided from your general practitioner
- Receive **authorisation** from your health insurance
- Begin your **occupational therapy**
- Costs settled directly with **occupational therapist**
- Submit **payment receipts** to health insurance
- Receive **reimbursement of costs** (the amount varies depending on the insurance company)



Who needs occupational therapy?

Occupational therapy is for children who ...

- are **developmentally delayed**
- have difficulties with **sensory processing**
- show problems with **gross and fine motor skills**
- have a physical, mental, or sensory **disability**
- have difficulties with **socio-emotional skills**
- suffer from a **mental illness**
- need **more help than usual** for their age with tasks such as **getting dressed or eating**.

and are therefore limited in everyday actions and activities.

Occupational therapy is for people who ...

- suffer from **sensory disturbance, restrictions in movement, or emotional impairments**
- want to (through specialised apparatus and/or aids) get their **life back on track**
- want to train their **memory and attention span**
- require help or **apparatus to carry out daily chores** and activities
- have difficulties in their daily lives due to **illness, injury, or disability**. This concerns activities in the workplace, leisure activities, and to all activities which are required to look after themselves.
- want to adapt their living space to accommodate their **handicap or limitation**.

THE AIM is to recover, retain, or improve the skills needed in everyday life.



Occupational therapy can achieve this!

What to expect from your occupational therapy

The goal of occupational therapy is to improve the independence in everyday life. This includes areas of life such as work, school, leisure, and self-dependence. The occupational therapist has expert knowledge of the body's structure, function, and the concepts used in occupational therapy. They are experts in daily activities and analyse which activities will achieve the greatest possible independence. The occupational therapist will then select an appropriate therapy. The therapy can be through playing games, daily chores, crafts and creative activities, as well as adaptations e.g. splints, braces, and other aids.

Maximum possible independence is achieved through ...

Training the sensomotoric skills

These include the promotion of gross and fine motor skills, as well as generic movements and exercises to improve coordination and balance.

Training the cognitive skills

This form of therapy helps to improve skills in the area of attention, concentration, memory, and orientation.

Training of social and emotional skills

Here, the contact with others, use of proximity and distance, communication and interaction, self-confidence, and personal initiative are encouraged.

Preparation for professional or educational (re)integration

Through analysis and adaptation of the workplace and work process, you will be prepared to manage your professional or school life.

Support through apparatus and aids

Depending on the need for personal activities, the environment can be adapted through the support of apparatus or aids e.g. Wheelchairs, aids for personal care, and household adaptation.



So you can put on your own jacket!



Occupational Therapists support you in maintaining or improving your independence in everyday life.

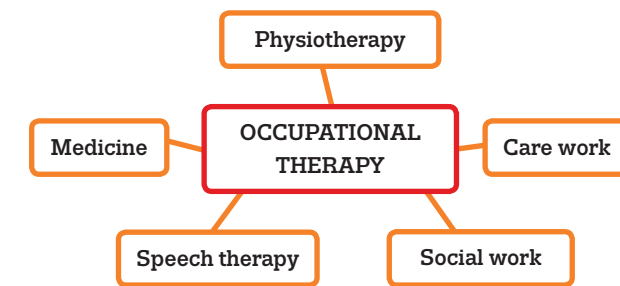


Occupational Therapy assumes that being active is healing if the correct activities are chosen for the patient.

The practice of Occupational Therapy is built upon the MTD-Law (The Federal Law on the regulation of higher-level paramedical services). Occupational Therapists work closely with other health, social, and educational professions making Occupational Therapy an important part of a holistic treatment and suitable for people of all ages.

In healthy people, Occupational Therapy services are primarily used to promote general health, prevention, and occupational medicine.

Examples of a cooperation



Qualifications

The qualification for occupational therapy is a three-year course and graduation rewards a Bachelor of Science in Health Studies (BSc). Admission for the BSc course requires the Matura (a relevant professional qualification equivalent to A-levels in England and APs and SAT II examinations in America) and necessary additional examinations, or the university entrance examination for medicine and the successful completion of the admission procedure. Following the BSc there is the possibility to complete a master's degree in occupational therapy.



What does occupational therapy in health promotion and prevention achieve?

Settings and Services offered by occupational therapy in health promotion and prevention

- Advice for people of all ages and their families, public institutions, and companies
- The training for healthy, interested employees or caregivers
- Strengthening the physical, cognitive, emotional, and social skills in different settings; e.g workshops, group programs, and individual therapy
- The support to maintain a healthy lifestyle

What is health promotion and prevention?

These are specific measures or activities that are used to prevent the occurrence of disease, to reduce limitations in everyday life, or contribute to the increase in health. This is observed in the behaviour of people, as well as in the environment, in order to identify risk factors and eliminate or minimise them. In practice this means that by adapting the environment and/or behaviour we can reduce or eliminate health problems, for example, teaching correct lifting and carrying techniques in the workplace.

Health promotion and prevention is for people who ...

- want to eliminate physical discomfort caused by poor posture and/or heavy physical or monotonous work in professional or everyday life
- want to learn how to live in a way that is ergonomical and protects their joints in the workplace and everyday life
- are looking for advice on the design of an ergonomically sound workplace
- seek advice on fall prevention due to walking or movement disabilities
- want to make their living space, environment, or public space suitable for people with disabilities
- seek advice regarding the development of environments and activities for children



This is Ergotherapie Austria!

Ergotherapie Austria is the voluntary professional political representative of Austrian occupational therapists.

As the professional political representative of Austrian occupational therapists the most important things to us are the ongoing development of our profession, having a voice in our professional policies, and increasing the awareness of occupational therapy in the hearts of the people. Committed, we provide the full coverage of the population with occupational therapy. Through public relations we provide a direct service for members such as training, industry journal, library, and information, as well as the cooperation with other professional associations and organisations at national and international levels.

We are a member of the World Federation of Occupational Therapists (WFOT) and the Council of Occupational Therapists for the European Countries (COTEC). For more information about the professional association, occupational therapy and its applications, and therapists in your area, please visit us at our website: www.ergotherapie.at

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Occupational Therapy, what is it?