

## WHERE CAN I GET OCCUPATIONAL THERAPY SERVICE?

- \* Occupational Therapists are generally practicing in
- \* Government organization / institutions / hospitals / projects
- \* Non-government organizations Private sectors like
- \* Acute care hospitals & nursing homes
- \* Rehabilitation centers / clinics / de addiction centers etc.)
- \* Special schools, Mainstream Schools & Chronic care facilities
- \* Social agencies/Community Based Rehabilitation (CBR) & Disaster Management Projects Hospice care facilities
- \* Mental Health Setups/Institutions and Hospitals
- \* Industries & Self employed



## WHY WOULD I NEED OCCUPATIONAL THERAPY?

Occupational Therapy allows people across the lifespan to do the activities they want and need to do. An occupational Therapist will evaluate your situation and, with input from you (and perhaps your family, care provider, or friend), develop individualized goals that allow you to resume or pursue your valued occupations. After you develop goals with your occupational Therapist, you will work together on a specific intervention plan to help improve or maintain your ability to perform daily activities and reach your goals getting back to your life.

Imagine if an accident, injury, disease, or condition made it difficult for you to participate in your daily activities. A wrist injury means that getting dressed in the morning is painful. Arthritis makes driving challenging. Autism may hinder a child from interacting effectively with classmates. A traumatic brain injury keeps a wounded warrior out of active duty because of difficulties with memory and organizational skills. Or a small change in your activities or the environment could prevent a future condition (such as using ergonomics at work to avoid injury).

Occupational Therapy practitioners can widen their focus to groups or communities too, developing and implementing programs that promote healthy behaviors or address particular issues such as older driving, community transitions for returning soldiers, homelessness, troubled youth, mental health, and addictions.

For further details,

you may visit our website

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# OCCUPATIONAL THERAPY

(Living Life to Its Fullest)



World Occupational  
Therapy Day

27<sup>th</sup> October

Inform, Inspire, Influence



## WHAT IS OCCUPATIONAL THERAPY ?

Occupational Therapy (OT) is the use of assessment and intervention to develop, recover, or maintain the meaningful activities, or occupations, of individuals, groups, or communities. It is a health and rehab profession, OT's often works with people with mental health problems, disabilities, injuries, or impairments.

Occupational Therapy is the only profession that helps people across the lifespan to do the things they want and need to do through the therapeutic use of daily activities (occupations).

Occupational Therapy practitioners enable people of all ages to live life to its fullest by helping them promote health, and prevent or live better with injury, illness, or disability.

Common Occupational Therapy interventions include helping children with disabilities to participate fully in school and social situations, helping people recovering from injury to regain skills and providing supports for older adults experiencing physical and cognitive changes Occupational Therapy services typically include:

> An individualized evaluation, during which the client/-family and occupational therapist determine the person's goals,

> Customized intervention to improve the person's ability to perform daily activities and reach the goals, and an outcomes evaluation to ensure that the goals are being met, and/or make changes to the intervention plan.



## WHERE TO GET QUALITY EDUCATION AND TRAINING?

Department of Occupational Therapy is one of the constituents of SRI RAMACHANDRA UNIVERSITY at Porur, Chennai. It's located in an extensive landscape with well-developed infrastructures; the University offers undergraduate and post-graduate courses in medicine, dentistry, physiotherapy, human genetics, Occupational Therapy.

Sri Ramachandra Medical Centre and Hospital are state of the art multi-specialty clinical setup useful for study and skill development.

The undergraduate (BOT) students at Sri Ramachandra University have the unique advantage of being exposed to vast clinical areas. Theoretical study and intense practical training enable every student to become a knowledgeable and highly skilled Occupational Therapist.

## THE ELIGIBILITY CRITERIA

The eligibility criteria are passing in HSC (+2) with English, Physics, Chemistry, and Biology (or) Botany and Zoology. Candidates who are desirous of joining the BOT Degree Entrance Examination or interview and counseling conducted by the University.



## COURSE DURATION & DEGREE OFFERED

Bachelor of Occupational Therapy Program is 4 years and 6 months of compulsory internship. The medium of instruction is English.

After passing the prescribed examinations conducted by University, the students will have to complete six months of internship. The successful students will be awarded the Degree of Bachelor of Occupational Therapy (BOT) by the University.



## OPPORTUNITIES FOR HIGHER EDUCATION?

There is a tremendous scope for Occupational Therapists to continue to develop their skill and expertise through courses in areas such as Pediatrics, Orthopedics, Neurology, Oncology, Psychiatric, Hand rehabilitation, Ergonomics, Geriatric, and Community based rehabilitation. In our country, the specialization can be done by undergoing a Master of Occupational Therapy (M.O.T) and Ph.D.

