

# Mental Health OT Participation in Areas of Daily Occupation

TEXAS OCCUPATIONAL THERAPY ASSOCIATION

## EDUCATION

Facilitating activities related to learning and participating in formal and informal educational environments, such as: regulating behavior, attending to academic lessons, organizing books and supplies, and completing trainings.

## ACTIVITIES OF DAILY LIVING (ADLS)

Engaging our clients in activities and routines to take care of one's body, such as: caring for skin, hair, and teeth/dentures; choosing clothing items according to weather, time of day, and situation; safely maneuvering home and community environments.

## SOCIAL PARTICIPATION

Promoting activities that involve and support social interaction, such as: fulfilling familial roles, participating in family events, making friends, and engaging in community groups.

## LEISURE/PLAY

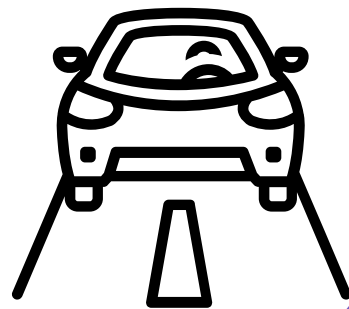
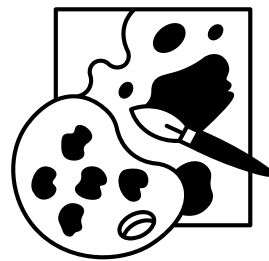
Assisting the client in the selection of activities that are meaningful during discretionary time, such as: planning and participating in healthy hobbies, pursuing and engaging in extra-curricular activities (e.g., music, dance, sports, crafts, clubs), and engaging in playful interactions with peers.

## INSTRUMENTAL ACTIVITIES OF DAILY LIVING (IADLS)

Promoting age-appropriate activities that support daily life in home and community, such as: preparing meals, completing chores, and maintaining personal/household possessions; planning and completing financial transactions (e.g., paying bills, obtaining groceries); driving and/or using transportation systems; and providing care for others (including pets and service animals).

Learn more at:

[WWW.TOTA.ORG](http://WWW.TOTA.ORG)



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## SLEEP/REST

Involving our clients in activities for restorative rest and sleep, such as: balancing rest/sleep with other occupations; developing sleep routines that support health, development, and well-being (e.g., setting alarm, sustaining sleep; managing incontinence); participating in activities that promote relaxation.



## HEALTH MANAGEMENT

Identifying activities to develop, manage, and maintain routines to support health and well-being, such as: navigating and communicating with various persons/systems (e.g., healthcare providers, insurance companies); caring for physical/mental health (e.g., medication management, symptom management, coping strategies, exercise, healthy diet); managing personal care devices (e.g., glasses, hearing aids, glucometers).



## WORK

Facilitating activities that develop, manage, and maintain routines to support job or other productive pursuits, such as: developing pre-work skills (e.g., time management, collaboration, following directions); seeking and acquiring employment; performing work skills and patterns.



## TEXAS OCCUPATIONAL THERAPY PRACTICE ACT

"(b) A person practices occupational therapy if the person:  
(1) evaluates/treats a person whose ability to perform the tasks of living is threatened or impaired by developmental deficits, the aging process, environmental deprivation, sensory impairment, physical injury or illness, **or psychological or social dysfunction**;  
(2) uses therapeutic goal-directed activities to:  
(A) evaluate, prevent, or correct **physical or emotional dysfunction**; or  
(B) maximize function in a person's life; or  
(3) applies therapeutic goal-directed activities in treating patients on an individual basis, in groups, or through social systems, by means of direct or monitored treatment or consultation  
(c) The practice of occupational therapy does not include diagnosis or psychological services of the type typically performed by a licensed psychologist."

