

**POLICY E.10**

**Subject: Definition of Occupational Therapy Practice for State Regulation**

**Code: RA Resolution 642-92 (Rescinds Res. 572-81) RA Motions 1999M10, 1999M92, 2003M54, 2004C60, 2011AprC18**

**PURPOSE:** To state the Association's occupational therapy definition for state regulation.

**IT SHALL BE THE POLICY OF THE ASSOCIATION THAT:**

1. A uniform definition of occupational therapy is desirable for occupational therapists and occupational therapy assistants to use in state regulatory laws for professional mobility and uniform standards.
2. The following definition is a recommended guide for state regulation.

The practice of occupational therapy means the therapeutic use of occupations, including everyday life activities with individuals, groups, populations, or organizations to support participation, performance, and function in roles and situations in home, school, workplace, community, and other settings. Occupational therapy services are provided for habilitation, rehabilitation, and the promotion of health and wellness to those who have or are at risk for developing an illness, injury, disease, disorder, condition, impairment, disability, activity limitation, or participation restriction. Occupational therapy addresses the physical, cognitive, psychosocial, sensory-perceptual, and other aspects of performance in a variety of contexts and environments to support engagement in occupations that affect physical and mental health, well-being, and quality of life.

The practice of occupational therapy includes:

1. Evaluation of factors affecting activities of daily living (ADL), instrumental activities of daily living (IADL), rest and sleep, education, work, play, leisure, and social participation, including:
  - a. Client factors, including body functions (such as neuromusculoskeletal, sensory-perceptual, visual, mental, cognitive, and pain factors) and body structures (such as cardiovascular, digestive, nervous, integumentary, genitourinary systems, and structures related to movement), values, beliefs, and spirituality.
  - b. Habits, routines, roles, rituals, and behavior patterns.
  - c. Physical and social environments, cultural, personal, temporal, and virtual contexts and activity demands that affect performance.