

The power of occupational therapy

Transforming health and social care



Occupations are meaningful activities that support physical, mental, emotional and spiritual wellbeing.

Occupational therapy enables people do the occupations they want, need and like to do, and helps them manage their health and care needs.

It saves money and reduces pressure on services and must be included in the strategic planning and allocation of resources to help manage health, education, housing and care needs in the UK.

Occupational therapy is key to a better future for many people.

