



# The Significant Role of Occupational Therapy in Improving Daily Life and Independence

Morimoto Kawano \*

*Department of Occupational Therapy, Sapporo Medical University, Sapporo, Japan*

## DESCRIPTION

Occupational Therapy (OT) is an example of healthcare that focuses on helping people of every age to develop independence in their daily life. Through a general method, occupational therapists work with patients to improve their physical, mental and emotional well-being by enabling them to participate in activities that are significant or "occupations". These occupations range from basic self-care tasks, including dressing and eating, to more complex activities, such as work, education and relaxation. Occupational therapy plays a significant role in rehabilitating individuals with injuries, illnesses, developmental disabilities or mental health challenges, empowering them to lead fulfilling and productive lives [1-3].

### The role of occupational therapy

The primary aim of occupational therapy is to help individuals participate in everyday activities to the best of their abilities. These activities or occupations can be categorized into several important regions. Activities of Daily Living (ADLs) refer to essential self-care tasks that people perform every day, such as bathing, dressing, grooming and eating. Occupational therapists work with patients to improve their ability to complete these tasks independently, frequently by adapting the environment, providing assistive devices or teaching new techniques. Instrumental Activities of Daily Living (IADLs) are more complex activities that allow individuals to live independently, such as cooking, managing finances, shopping and driving. Occupational therapists help clients to develop the skills needed to perform these tasks, which are essential for independent living [4].

Occupational therapy also addresses issues related to work and education. Therapists may help individuals return to work after an injury, manage work-related stress or assist children with developmental disabilities in succeeding at school. This may involve modifying workspaces, teaching ergonomic techniques or

providing vocational training [5]. Engaging in leisure activities is important for maintaining mental and emotional well-being. Occupational therapists help clients find significant leisure activities that suitable for their abilities, whether it is through sports, hobbies or social engagement.

Occupational therapists recognize the advantages of relationship with others in improving a person's general state of mind. They work with clients to improve communication, social skills and relationships, which can enhance their ability to engage with their community and build interactions [6-8]. Occupational therapists also address the importance of healthy sleep patterns. By helping individuals establish routines and create sleep-friendly environments, therapists can promote better rest, which is essential for recovery and overall health [9,10].

### Occupational therapy interventions and techniques

Occupational therapists use a wide range of interventions and techniques tailored to each individual's needs. Some common methods include.

**Adaptive equipment and assistive technology:** Occupational therapists frequently recommend adaptive equipment to help individuals perform tasks more easily and safely. Examples of adaptive devices include dressing aids (such as button hooks or zipper pulls), modified utensils for eating and tools for opening jars. In addition, assistive technology, such as communication devices or computer software, can support individuals with disabilities in their daily lives.

**Environmental modifications:** For individuals with mobility limitations or cognitive impairments, modifying the home or work environment can make a significant difference in their ability to function independently. Occupational therapists assess environments and recommend changes, such as rearranging furniture, removing tripping hazards, installing handrails or improving lighting, to enhance accessibility and safety.

**Task analysis and evaluation:** Occupational therapists use task

**Correspondence to:** Morimoto Kawano, Department of Occupational Therapy, Sapporo Medical University, Sapporo, Japan, E-mail: kawa.morim@gmail.com

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analysis to break down complex activities into smaller, more manageable steps. By analyzing each component of a task, therapists can identify areas of difficulty and develop strategies to improve performance. Task evaluation involves adjusting the difficulty of an activity to match the individual's abilities, gradually increasing the challenge as they improve.

**Sensory integration therapy:** For individuals with sensory processing disorders, particularly children, sensory integration therapy helps them to manage sensory stimuli that may be overwhelming or confusing. Occupational therapists use activities such as swinging, brushing or playing with textured objects to help the brain process sensory information more effectively, improving the individual's ability to focus, engage and participate in daily life.

**Cognitive rehabilitation:** Cognitive rehabilitation involves interventions designed to improve cognitive functions such as memory, attention and problem-solving. Occupational therapists work with individuals recovering from brain injuries or experiencing cognitive decline due to aging or illness. Techniques may include memory exercises, organizational techniques and compensatory techniques to manage cognitive deficits.

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