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# Occupational Therapy in America

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MS, OTR/L

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# About Me

## Education:

- BS in Psychology from Drexel University (2013)
- MS in Occupational Therapy from Columbia University (2016)

## Previous Experience:

- **Rehabilitation** for adults recovering from cardiac, neurological, and orthopedic procedures
- **Group therapy** for adults with psychiatric disorders to teach life skills (cooking, managing finances, nutrition, etc)
- **School-based therapy** for elementary and preschool students with cognitive and physical disabilities
- **Volunteer in Armenia:** My Way Educational and Rehabilitation Center, Kharberd Specialized Children's Home, Children of Armenia Fund (COAF)



# Currently:

- Premier Healthcare- outpatient clinic for individuals ages 5-65 with intellectual and developmental disabilities
- Preschool therapist for children ages 3-5
- International presentations and conferences
- Volunteer in Armenia with COAF, FAR, and other organizations- hosting workshops and OT and OT Practices for Inclusion
- Founder of Therapists for Armenia



# What is Occupational Therapy (OT)?

- Occupational therapy is skilled treatment that helps people become **successful in their everyday 'occupations'**.



Occupation = What occupies your time

# History of OT in America



- Started in 1900's
- Working with severe mental illness
- Participation in functional activities (arts and crafts)
- During WWI, US military had "reconstruction aides" providing OT services
- Used ADLs (activities of daily living) in the treatment of a variety of conditions
- Over 100 years old

# How to Become an OT in US

- Master's degree from a school that is approved by ACOTE ( 2-3 years)
- Level I fieldwork while in classes (Usually 1x week for 6-8 weeks)
- Level II fieldwork (24 weeks full-time 40 hours/week; usually split into 2 or 3 placements in different settings)
- Pass national certification exam → OTR
- Get license in the state you want to work in (application and fee) → OTR/L



# Occupational Therapy Assistants (OTA)

- Associates degree (2 years after high school)
- Level 1 fieldwork while in classes
- Level II Fieldwork (16 weeks full-time)
- National certification exam → COTA
- Licensure by state
- Works under the supervision of an OT
- Cannot independently evaluate or initiate treatment
- Lower salary



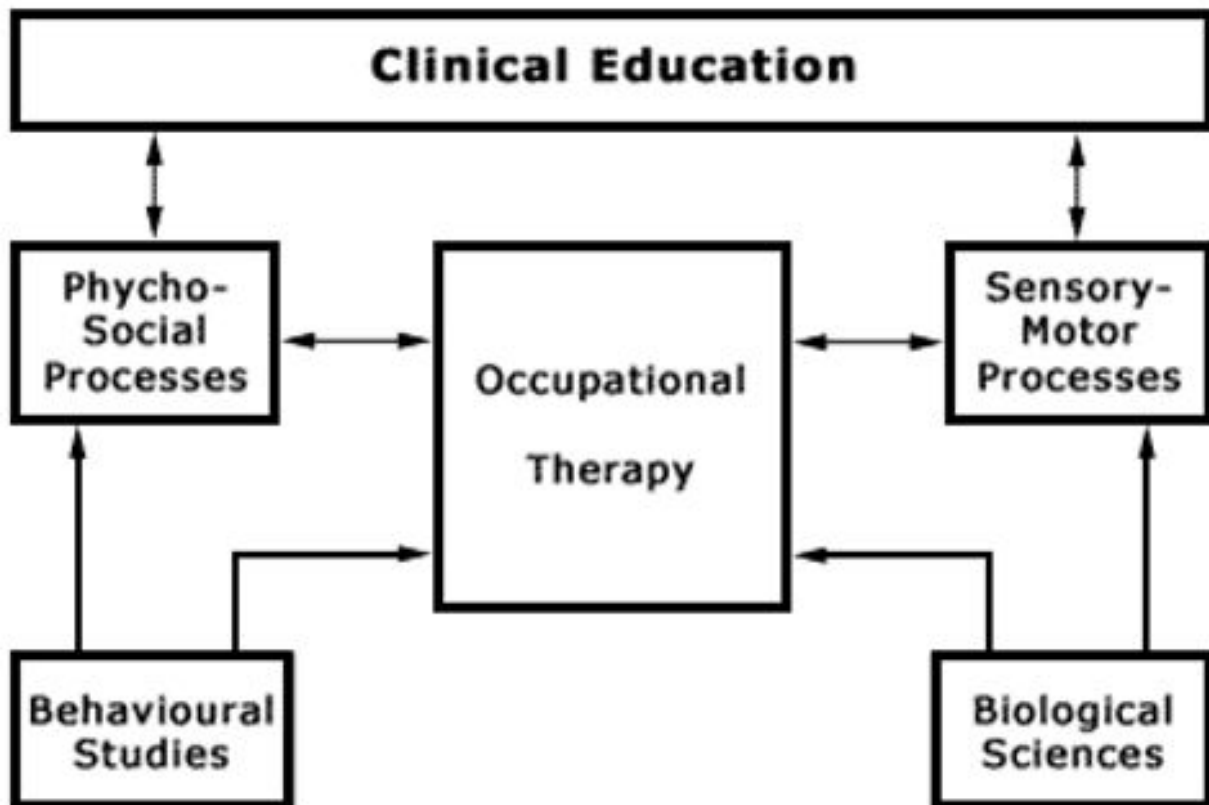
# Structure of an OT Program

- Child development
- Anatomy, Physiology, Kinesiology, Neurology
- Medical conditions
- Physical disabilities
- Psychosocial development
- Group dynamics
- Rehabilitation in Older Adults
- Therapeutic techniques
- Research Methods
- Health Policy & Management

- Երեխայի զարգացում
- Անատոմիա
- Ֆիզիոլոգիա
- Նյարդաբանություն
- Բժշկական պայմաններ
- Ֆիզիկական հաշմանդամություն
- Հոգեբանական զարգացում
- Խմբային դինամիկա
- Թերապևտիկ տեխնիկաներ







# National Certification Exam

- 4 hour test
- 3 clinical simulation essays and 170 multiple choice items

License in the state you are working in/the state the patient is in

- All states, the District of Columbia, and Puerto Rico require occupational therapists and occupational therapy assistants to be licensed
- Each state has different regulations

Must maintain license with continuing education



# Job Sites

## Where They Work...

26.2%	Hospitals
21.6%	Schools
19.9%	Nursing Facilities
9.3%	Outpatient Clinics
5.8%	Home Health
5.2%	Academia
4.8%	Early Intervention
4.3%	Community/Other
2.9%	Mental Health

*(AOTA Occupational Therapy Compensation and Workforce Study, 2010)*

Other unique areas:

- Low-vision rehabilitation
- Driver safety and rehabilitation
- Home safety and home modifications
- Hand Therapy
- Assistive Technology

# OT Facts and Figures



## The Occupational Therapy Workforce (2010)

### Who They Are...

102,500	Occupational Therapists
34,500	Occupational Therapy Assistants
137,000	Total Practitioner Workforce

- 92% of practitioners are female
- 85% are employed full-time in the profession
- Median level of professional experience is 13 years

# Challenges of the Field



- Paper Work
- Burn out
- Large student debt
- Cultural sensitivity
- Mostly women
- Lack of public awareness and understanding of the field

# Pretty Darn Good Profession Though!

**CNBC**, August 2019

The 11 most meaningful college majors and how much they pay:

Occupational Therapy and Physical Therapy tied for No. 5



**MSN Money**, August 2019

America's fastest-growing and fastest-declining jobs: Occupational

Therapy Assistant positions are up 29%



**Business Insider**, August 2019

The 25 highest-paying jobs you can get with an associate degree:

Occupational Therapy Assistant is No. 16



**MarketWatch**, August 2019

Here's the highest-paid, fastest-growing job in every U.S. state:

Occupational Therapy Assistant tops lists in California and Michigan

**U.S. News & World Report**, January 2019:

The 25 Best Jobs of 2019: Occupational Therapist is No. 13



The Best Medical Jobs That Don't Require Medical School

**Glassdoor**, January 2019:

50 Best Jobs in America for 2019: Occupational Therapist is No. 4

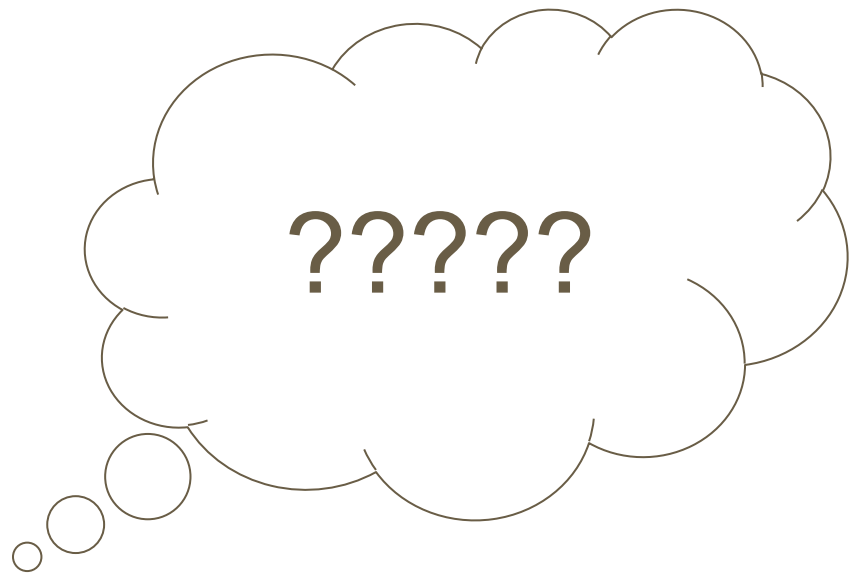


## The 10 jobs least at risk from robots

Job	Likelihood of becoming automated
First-Line Supervisors of Mechanics Installers and Repairers	0.30%
Emergency Management Directors	0.30%
Audiologists	0.33%
Occupational Therapists	0.35%
Orthotists and Prosthetists	0.35%
Oral and Maxillofacial Surgeons	0.36%
First-Line Supervisors of Fire Fighting and Prevention Workers	0.36%
Dietitians and Nutritionists	0.39%
Sales Engineers	0.41%
Physicians and Surgeons	0.42%



# Questions



**Thank you!!!**

**Հնորհակալութիւն**