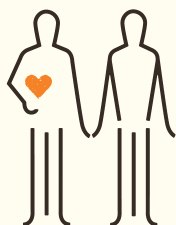


# Occupational Therapy

Make a healthy mind and body,  
and be active for life!

Japanese Association of  
Occupational Therapists (JAOT)

INFORMATION  
BOOK



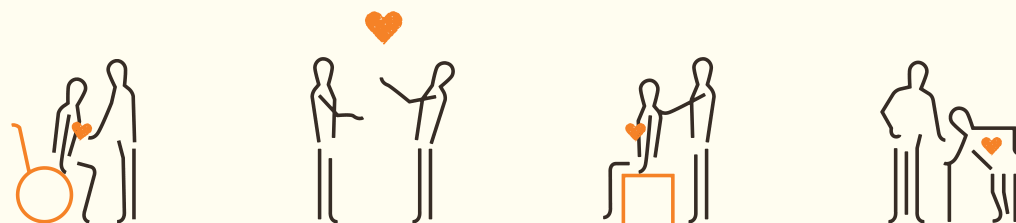
# Occupational therapy for Mind and Body.

Imagine a future with disability due to illness or injury where your daily routines suddenly become inconvenient.

You are happy when you do something well, but you feel disappointed when you can't, and daily occupations such as eating, sleeping and enjoying leisure time are complicated for your mind and body.

Occupational therapy is rehabilitation which makes a healthy mind and body through engaging in daily life activities including work, leisure and household chores. Its purpose is to enable to clients to live an active life with their disabilities.

An occupational therapist helps you to live your life, and satisfactorily actualize your potential both now and in the future.



# For all ages.

Occupational therapists work with people of all ages who need daily life support due to illness, injury or a congenital disorder.

## Who benefits from Occupational Therapy?

Physical and mental disabilities

### Mental disorders

Schizophrenia, mood disorders, neurotic disorders, stress-related disorders, psychoactive substance use disorders (such as alcoholism), organic mental disorders (such as neurocognitive disorders), disorders of adult personality and behavior



### Physical dysfunctions

Cerebrovascular disease (Cerebral infarction, cerebral hemorrhage, and subarachnoid hemorrhage), higher cortical dysfunction, brain and spinal cord tumor, spinal cord injury, multiple sclerosis, Parkinson's disease, spinocerebellar degeneration, peripheral nerve injury, fractures, amputation, rheumatoid arthritis, burns, disuse syndrome,



### Developmental disorders

Cerebral palsy, encephalodysplasia, microcephaly, hydrocephalus, anomalies, spina bifida, hypoxic encephalopathy, encephalitis, encephalopathy, meningitis, intellectual disability, hyperactivity disorder, conduct disorder, learning disability



### Geriatric

Organic mental disorder (neurocognitive disorder), cerebrovascular accident, fracture, bone and osteoarthritis, disuse syndrome

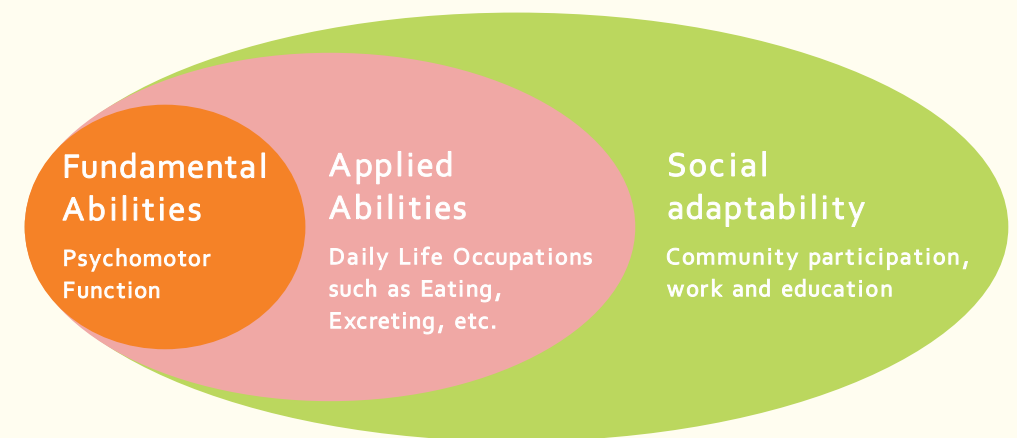


## Ability and Capability.

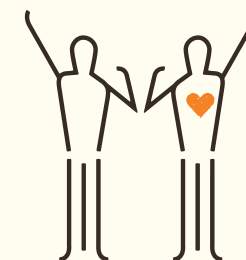
Three abilities:

Fundamental, Applied and Social adaptive abilities.

Occupational therapy also aims to actualize each client's life, including maintenance and health promotion, environmental adjustment (artificial, physical and social environment) and use of social resources and the social security system.



Maintain and improve the three abilities



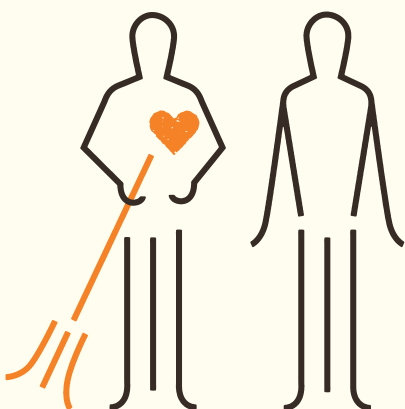
# What is Occupation?

All human daily life activities including eating, craftwork, working and leisure are called occupation.

These occupations are used as a means for intervention, support and guidance in occupational therapy.

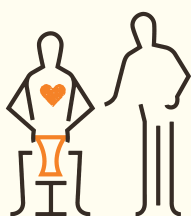
## Occupation for human life

Cooking, Cleaning and  
Related Activities in Daily Life



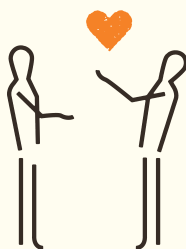
## Creative Activities

Handicrafts including Ceramics  
and Knitting



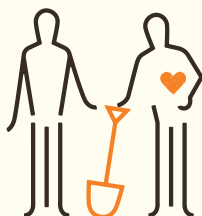
## Sensorimotor activities

Physical activities such as  
balloon volleyball



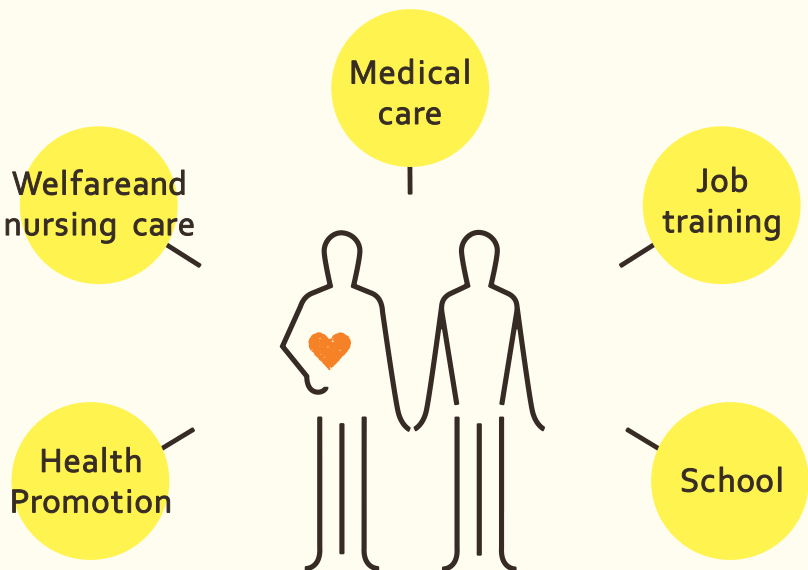
## Working and Educational activities

Social Activities such as  
Studying and Farming



# Occupational therapists are always near you.

Occupational therapists are rehabilitation professionals.  
We work in various fields such as medical care and welfare,  
health promotion, education, and job training.  
Our activities include treatment and prevention, as well as  
support for social re-adjustment.



Medical care	General hospital / advanced treatment hospital / mental hospital / community medical support hospital
Welfare	Disabled rehabilitation facilities / child welfare facilities / intellectual disability welfare facilities
Health and Welfare Services for the Elderly	Long-Term Care Health Facilities / Outpatient Rehabilitation / home-visiting nursing station / home-visiting rehabilitation station
Job training	Employment support facilities
Health Promotion	regional comprehensive support center / health center / local government
Education	Schools for Special Needs Education

# Rehabilitation with an Occupational Therapist.

## Acute Phase

Early rehabilitation begins in the acute phase immediately after the disease and injury. In this phase, occupational therapists support clients to improve their basic physical and mental function, while preventing further functional deterioration.

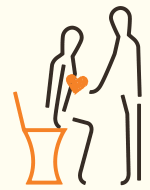
Acute Phase → Recovery Phase → Chronic Phase



Eating with self-help devices



Transferring from wheelchair to bed



Transferring to the toilet seat and using the toilet



Rehabilitation is provided at hospitals or medical facilities when people become disabled due to disease or accident. Occupational Therapists provide clients with treatment, support and guidance.

They consider each individual's unique status, enabling their daily life occupations, including dining, getting dressed, bathing, and walking.



Practicing how to rise from and sit on a bed in the early phase of disease and injury.

## Recovery Phase

In the recovery phase, the client's condition is stable, and improvements are made in function and ability. In this phase, clients become reacquainted with missing functions necessary for daily life on an individualized basis.



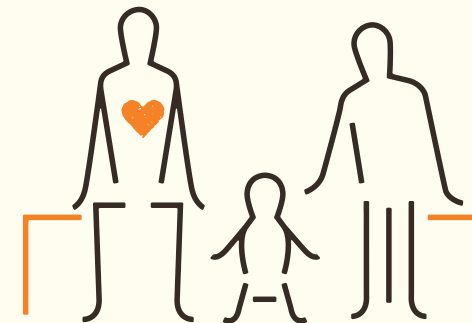
Putting on and taking off clothes and shoes



Daily life activities such as cooking



Going out of the house such as taking a walk



Occupational therapists support their client's life by providing them with a place to spend time and occasions to make friends so that they may live by their own values.



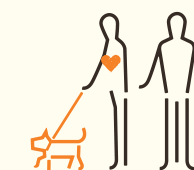
The clients practice going up and down stairs by making skillful use of their remaining function and ability.

## Chronic Phase

The chronic phase is when occupational therapists provide clients with support that focuses on their individual life. The purpose of this phase is to enable clients to find their own purpose in society and to help them enrich their lives.



Going out such as shopping



Supporting community involvement



Readjusting to society near their workplace



Making a secure and pleasant environment for the clients



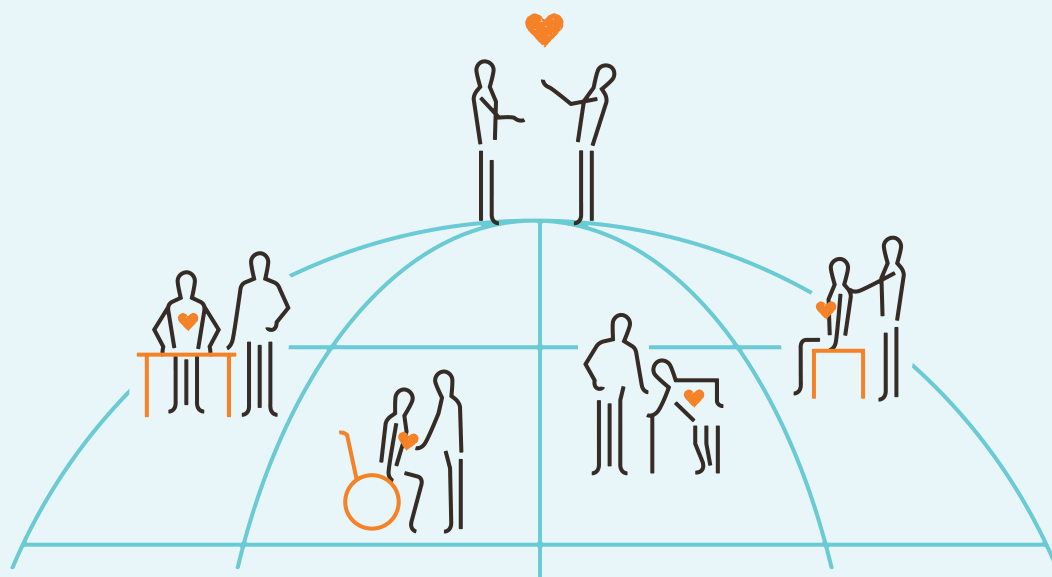
Enabling the clients to enjoy their hobbies and life with self-help devices



Making the environment more pleasant and individual for each client

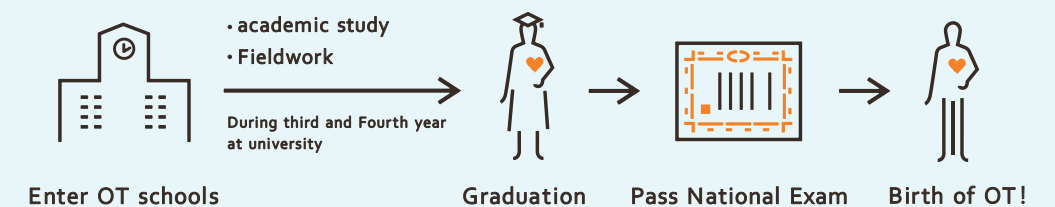
# Occupational Therapists work in and out of Japan.

Japanese Occupational Therapists are playing active roles abroad by participating Japan Overseas Cooperation Volunteers and Senior Overseas Volunteers, giving research talks at The International Congress held by World Federation of Occupational Therapists. They are widening their sphere of activities abroad as well as in Japan.



# How to become an Occupational Therapist.

There are over 170 universities or schools for occupational therapists in Japan. The training institutions include universities and vocational colleges which can last three or four years. At the training institutions, students learn basic medicine and the specialized knowledge and expertise necessary for occupational therapists through lectures and fieldwork. Through the fieldwork, the students experience hands on treatment of the clients at hospitals and facilities under the supervision of licensed practitioners.



Graduating from a training institution enables eligibility for admission to sit for the national OT exam. Those who pass the national exam can be registered as a licensed occupational therapist by the Ministry of Health, Labor and Welfare.

## Japanese Association of Occupational Therapists (JAOT)

Japanese Association of Occupational Therapists (JAOT) consists of nationally qualified occupational therapists. It was established in 1966 and joined the World Federation of Occupational Therapists in 1972 as full member. In 1983, the association was approved as an incorporated association by the Ministry of Health and Welfare, and it made the transition to a general incorporated association in 2012.

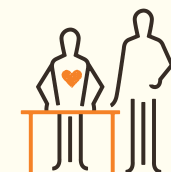
The purpose of the association is to improve medical care, health and welfare. JAOT is working energetically to improve medical care, health and welfare, both in Japan and overseas with the following main goals:

1. Education in self-improvement of academic and practical skills for occupational therapy
2. Improvement in qualifications of occupational therapists
3. Dissemination and development of occupational therapy

## Prefectural Associations of Occupational Therapists (PAOT)

Prefectural associations of occupational therapists (PAOT) are located in each prefecture, and they develop activities based on the needs of each community.

[www.jaot.or.jp](http://www.jaot.or.jp)





ひと仕事をするとき  
元気になれる



Japanese  
Association of  
Occupational  
Therapists

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