

Occupational Therapy Process



7 Summarises the assessments and interventions provided. Makes recommendations for the future

6 Lets us see if therapy is helping you to achieve your goals

5 We tailor our approaches to suit

4 your unique occupational strengths and barriers



Creating a safe space to share information **1**

Talking, interviews, observations, speaking with significant others, and standardised assessments **2**

Setting realistic targets that can be tracked over time **3**