

Enhancing Occupational Performance and Well-being through Occupational Therapy

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Abstract

Occupational therapy (OT) is a client-centered healthcare profession aimed at promoting health and well-being through engagement in meaningful activities or occupations. This abstract provides an overview of the fundamental concepts, principles, and goals of occupational therapy and highlights its essential role in enhancing occupational performance and overall quality of life for individuals across the lifespan. Occupational therapy focuses on enabling individuals to participate in activities that are meaningful to them, despite physical, cognitive, psychosocial, or environmental challenges. By assessing clients' needs, abilities, and goals, occupational therapy aims to maximize their participation in meaningful activities.

References

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