



What to Expect from Your Occupational Therapist

Occupational therapists work with people of all ages and all abilities to help them reach their best level of function and independence in their daily life.

Illness, injury, conditions, or aging can make familiar tasks harder. Occupational therapists help people of all abilities do the activities that matter to them by suggesting equipment and devices, strategies, or adjustments to make daily life safer and easier.

What to expect when you work with an occupational therapist

- You can expect a qualified health professional who's registered (licensed) with the College of Occupational Therapists of Ontario
- You can expect to work with an occupational therapist who must meet professional standards and participate in annual quality improvement activities.
- You can expect to receive safe, ethical and quality care.
- You can expect to get all the information you need to make informed decisions about working with your occupational therapist.
- You can expect your occupational therapist to treat you with respect and dignity.
- You can expect your occupational therapist to uphold your human rights and work with you to support your personal and cultural practices.
- You can expect to have your questions answered. Ask your occupational therapist as many questions as you need.

In Ontario, occupational therapists must be registered with the **College of Occupational Therapists of Ontario**. You can confirm registration by checking the online [List of Registered Occupational Therapists](#) at [coto.org](#) (available in English only).

If you have any questions about working with an occupational therapist, contact the College of Occupational Therapists of Ontario. We are here to help. You can call us at 416-214-1177 or toll-free at 1-800-890-6570 or email us at practice@coto.org.

For more information, visit our website at [coto.org](#) (available in English only).