

# OCCUPATIONAL THERAPISTS HELP PEOPLE TO:

## Learn

new ways of doing things

## Regain

skills and develop new ones

## Use

helpful tools or equipment that  
makes life easier, or

## Adapt

their environment to work  
better for them

These strategies help  
people to do as much as  
they can—safely and effectively—  
at home, at school, at work  
or in other settings.

## Contact us



We are here to help. If you have  
questions or concerns, or would  
like more information, please  
contact us by phone or email.

### College of Occupational Therapists of Ontario

416-214-1177

1-800-890-6570

info@coto.org

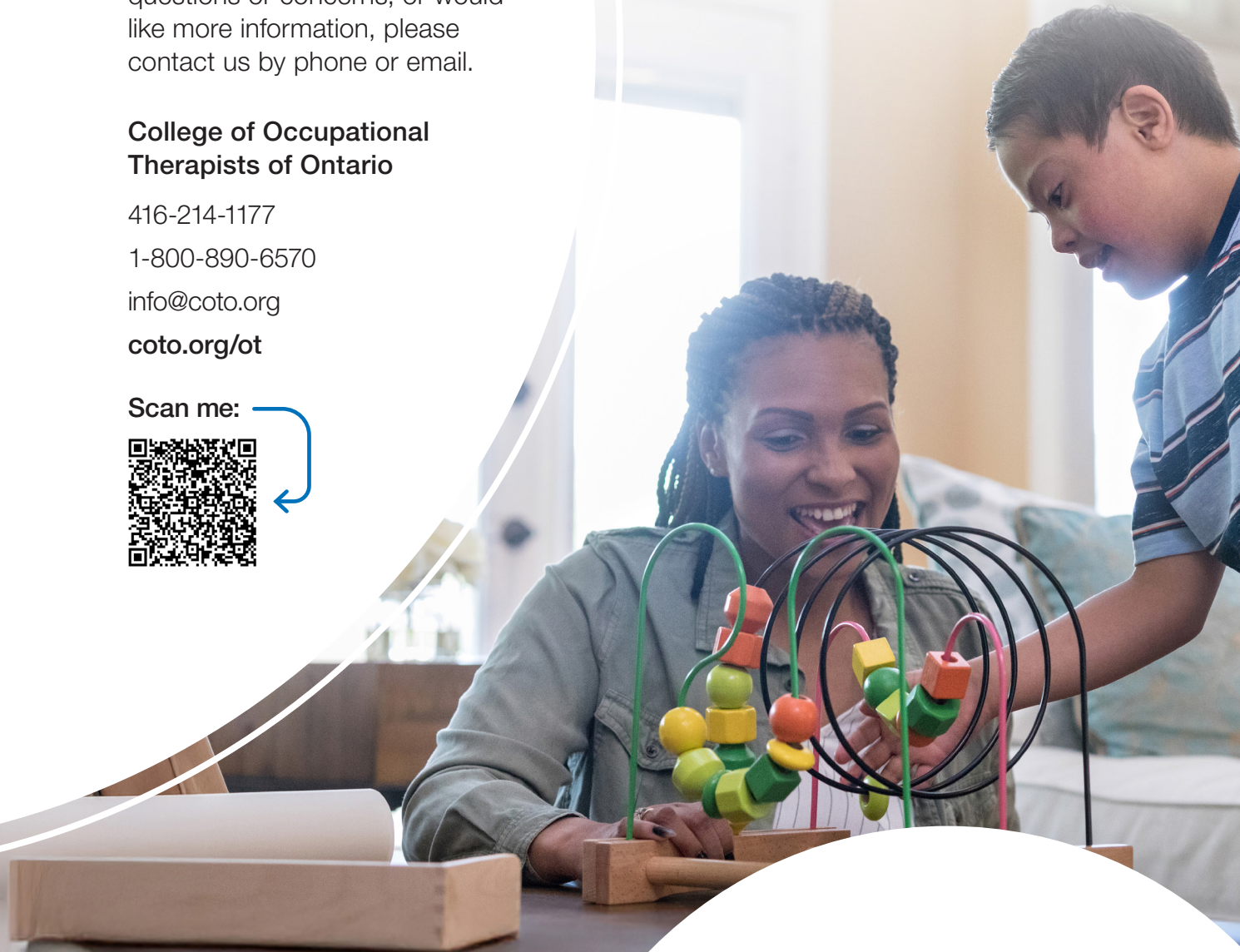
coto.org/ot

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# Occupational Therapists

Qualified Health Professionals



## Be confident in your care

Occupational therapists are regulated health care professionals who help people to reach their best level of function and independence in their everyday life.

They help clients with physical, mental, cognitive, and emotional challenges. An occupational therapist can work with people to find easier, safer ways to do the things that matter to them.

**The College of Occupational Therapists of Ontario (COTO) sets the standards for occupational therapists.** Every occupational therapist must meet our requirements to be registered to practise in Ontario.

## Know your occupational therapist is qualified

The College ensures occupational therapists are qualified, meet professional standards and practise ethically.

You can **find up-to-date information about every registered occupational therapist on our List of Registered Occupational Therapists.**

Visit [coto.org/ot](https://coto.org/ot) to check the List.



## Get help

**Have questions about you or your loved ones working with an occupational therapist?**

Please contact the College at 1-800-890-6570 or [info@coto.org](mailto:info@coto.org). **We are a free resource for the public.** We are here to help and answer your questions.

