

# OCCUPATIONAL THERAPY (OT)

Occupational therapy is the only profession that helps people across the lifespan to do the things they want and need to do through the therapeutic use of daily activities. Occupational therapy practitioners enable people of all ages to live life to its fullest by helping them promote health, and prevent-or live better with injury, illness, or disability.



## Examples of Occupational Therapy Goals

- Independent dressing
- Eating
- Grooming
- Using the bathroom
- Fine motor skills like writing, coloring, and cutting with scissors.
- Understanding boundaries and personal space
- Body awareness

## OT Interventions

Common occupational therapy interventions can include:

- Helping children with disabilities to participate fully in school and social situations.
- Helping people recover from injury to regain skills, and providing supports for older adults experiencing physical and cognitive changes.

## Steps to Access Occupational Therapy through the Division of Developmental Disabilities

### For Rehabilitation

- A person's Support Coordinator (SC) will check the NJ CAT to show an indication that OT is a need. The person or family member will need to provide a medical prescription for OT from an appropriate health care professional. If the primary insurer/MCO approves the OT, the person will access therapy through their primary insurer/MCO. But if the insurer denies OT, the person will receive an Explanation of Benefits (EOB). The EOB will need be shared with the Support Coordinator and then the SC will help the person identify providers of OT and make sure to add OT to the person's Individualized Service Plan (ISP).

### For Habilitation

- A person's Support Coordinator will review the NJ CAT to identify an indication that OT is needed.
- The Support Coordinator will include Occupational Therapy in the Individualized Service Plan (ISP).

Occupational  
Therapy






## Occupational Therapy Services

OT services typically include:

- An individualized evaluation, during which the person, family and occupational therapist determine the person's goals.
- Customized intervention to improve the person's ability to perform daily activities and reach their goals.
- An outcomes evaluation to ensure that the goals are being met and or make changes to the intervention plan.



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## Glossary

Support Coordinator (SC) is a professional who helps identify the supports an individual needs, helps the individual plan the life the individual wants, and connects the individual to services that will help his/her achieve a quality of life in the community.

Individualized Service Plan (ISP) is the written details of the supports, activities, and resources required for the individual to achieve personal goals. The ISP is developed to articulate decisions and agreements made during a person-centered process of planning and information gathering.

Explanation of Benefits (EOB) is the insurance company's written explanation regarding a claim, showing what they paid and what the patient must pay.

The New Jersey Comprehensive Assessment Tool (NJCAT) is a standardized assessment used to determine, eligibility for services and identify an individual's level of need for support in three main areas: self-care, behavioral health, and medical.

The Person-Centered Planning Tool (PCPT) is a mandatory discovery tool used to guide the person-centered planning process and to assist in the development of an individual's Service Plan

A managed care organization (MCO) is a health care provider or a group or organization of medical service providers who offers managed care health plans.

