

# The power of occupational therapy

## Transforming health and social care



Occupational therapy plays a vital role in health, social care and society.

It enables people to manage their health and care needs and do the occupations they want, need and like to do.

With its focus on prevention and early intervention, occupational therapy is a solution to many of the UK's health and care needs, saving money and reducing pressure on services.

**Occupational therapy is key to a better future for many people.**

**RCOT** Royal College of  
**Occupational  
Therapists**



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