

# What To Look For In An Occupational Therapist

What is your therapist's name, and what are their credentials?

Name

Credentials

How many years of experience does the therapist have  
In what setting(s)?

Years of Experience

Setting

Yes/No **Is this therapist an occupational therapist, physical therapist, speech therapist, or a therapy assistant?**

Yes/No **Are they licensed in the state that you live in?**

Yes/No **Will they set the right goals for you?**

Yes/No **Will they push you to your limits but not past them?**

Yes/No **Can they fully understand what your disabilities are and what exercises and activities are needed to get them back to a normal state?**

Yes/No **Will they conduct regular meetings to evaluate your progress?**

Yes/No **Do they make consistent visits and address expectations?**

Yes/No **Do they have an eagle eye for improvement?**

Yes/No **Do they minimize frustration?**

Yes/No **Do they make work feel like play and keep you motivated?**

Yes/No **Do they provide patient and family education and support?**

Yes/No **Does the therapist conduct ongoing assessment of your progress for discharge and even after until a normal movement is reached?**