

## Occupational Profile Guide to Practice

### What is an occupational profile?

According to the American Occupational Therapy Association, “The occupational profile is a summary of a client’s occupational history and experiences, patterns of daily living, interests, values, needs, and relevant contexts.” (AOTA, 2020, p. 21). A client can be a person, group, or population.

### What are the components of the occupational profile?

- Client Report
- Context
- Performance Patterns
- Client Factors
- Client Goals

### How is information gathered to create the occupational profile?

The occupational therapy practitioner gathers information through a combination of formal and informal interviews, conversations, and referral documents.

### How does the complexity of an occupational profile differ for each client?

Practitioners create the occupational profile using a client-centered approach, taking into account medical and therapy history. They include the client’s presenting problem(s), reason for referral, and goals. The process to create the occupational profile may be brief or extensive, depending on the complexity of the presenting problem(s).

### How do practitioners use the occupational profile in practice?

Synthesize Information from the occupational profile to help plan the client’s occupational performance assessment. The occupational profile informs the entire evaluation, intervention, and discharge processes.

### References

American Occupational Therapy Association. (2017a). AOTA occupational profile template. *American Journal of Occupational Therapy*, 71(Suppl. 2), 7112420030. <https://doi.org/10.5014/ajot.2017.716S12>

American Occupational Therapy Association. (2020). Occupational Therapy Practice Framework: Domain and Process (4th ed). *American Journal of Occupational Therapy*, 74 (Suppl. 2), 7412410010. <https://doi.org/10.5014/ajot2020.74S2001>