

Occupational Therapy Services for **Disordered Eating**



People who have experienced disordered eating patterns can receive OT services to help them do the activities they want and need to do every day.

Occupational therapy practitioners work with clients to:

- Help them identify their individual needs and goals
- Develop plans to take steps toward meeting their goals
- Learn skills for managing health and well-being
- Engage in activities that build self-esteem
- Identify and plan for how to manage social situations or potential triggers
- Adapt the work or home environment to support recovery
- Identify and use strategies to manage food shopping, and preparing and eating meals

What You Can Do



Ask yourself if you are having difficulty managing daily tasks, self-care, or social situations while in recovery from disordered eating.



Ask your care provider for occupational therapy services

Resource: Mack, R. (2019, May). Treating eating disorders: An inside look at occupation-based interventions. *OT Practice*, 24(5), pp. 16–21.