

## **Worldwide Directory Guide: Finding an Occupational Therapist (OT)**

This guide helps parents and caregivers find qualified occupational therapists around the world. It includes national directories, pediatric OT platforms, and tips for locating support in your region.

### **1. Global Resource**

- World Federation of Occupational Therapists (WFOT):  
<https://www.wfot.org/members>

Browse your country's official OT association to find local directories or contact points.

### **2. National and Regional OT Directories**

- United States:
  - AOTA (American OT Association): <https://www.aota.org>
  - Psychology Today OT Directory:  
<https://www.psychologytoday.com/us/therapists>
- United Kingdom:
  - Therapy Directory UK: <https://www.therapy-directory.org.uk>
  - NHS Choices (via GP referrals): <https://www.nhs.uk>
- Canada:
  - CAOT (Canadian Association of OTs):  
<https://www.caot.ca/site/findot>
- Australia:
  - OT Australia: <https://otaus.com.au/find-an-ot>

- Ireland:
  - AOTI (Association of Occupational Therapists of Ireland):  
<https://www.aoti.ie>
- India:
  - AIOTA (All India OT Association): <https://aiota.org>

### **3. Pediatric-Specific International Resources**

- STAR Institute / SPIRAL Foundation (Sensory Processing):  
<https://www.spdstar.org/basic/advanced-practitioner-directory>
- TherapyDirectories.com (Global OT Listings):  
<https://www.therapydirectories.com>

### **4. Tips for Parents to Find an OT**

- Use WFOT to locate your country's official OT organization.
- Contact child development centers, pediatric clinics, and hospitals in your area.
- Join local or online parent support groups (e.g., Facebook groups for ADHD or Autism).
- Ask your school SENCO (Special Educational Needs Coordinator) or pediatrician for a referral.
- Use 'Find an OT' tools offered by national OT associations.