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## Entrepreneurship and OT

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# Entrepreneurship and Occupational Therapy

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## Background

- The profession of occupational therapy (OT) is growing at a current rate of 17% from 2020-2030. 11% of all occupational therapists are self employed, compared to 85% employed by an organization.
- Data from the Bureau of Labor Statistics (BLS) from 2020 that shows only 2.4% out of all occupational therapists are self employed in the United States.
- The BLS data projects only 0.1% increase over the next 10 years. The reasons are not clearly understood as to why there are decreasing numbers in those who want to pursue self-employed work in occupational therapy.

## Problem

The reasons are not clearly understood as to why there are decreasing numbers in those who want to pursue self-employed OT work.

## Purpose

The purpose of this project is to discover the perceived and actual barriers to business ownership through research with current OT businesses and create a deliverable supporting OTs entering business ownership.

## Methods

In this research we set out to study the barriers and supports to entrepreneurs in occupational therapy.

Research included:  
(31) Surveys with nonbusiness owners that are occupational therapists  
(13) Interviews with occupational therapy business owners.

Special thanks to Chris Callahan, OTR/L, for your mentorship and guidance, Jillian Stewart, DPT, for your teachings and administration lessons, Dr. Burr, OTR/L, and Dr. Evans, OTR/L, for the time and efforts.

## Results

### Themes

### Quotes

**Having solid support system**

*"I'm fortunate enough to have a husband that makes enough money to support us. So, it takes a lot of the stress off me. And my business, becomes my business is very pleasurable because I'm not stressed about the income behind it."*

**Initial leap into business ownership**

"When you start a business, you're putting some money into something before you get paid for it."

**Overall business knowledge**

"I would say the biggest hurdle is having no idea where to start."

**Why go into business ownership?**

"I'm making way more money than any place I ever worked."

"Autonomy in terms of me being able to make my own decisions is more important than financial stability"

**Value of Occupational Balance as a therapy business owner**

"it's important to try to establish the routine and the habits early on, so that when it gets a little bit tougher to have the routine and habit you've already established it. So, it's easier for you to try to stay in that pattern, to honor your personal time and time off work."

**Identity barriers and supports**

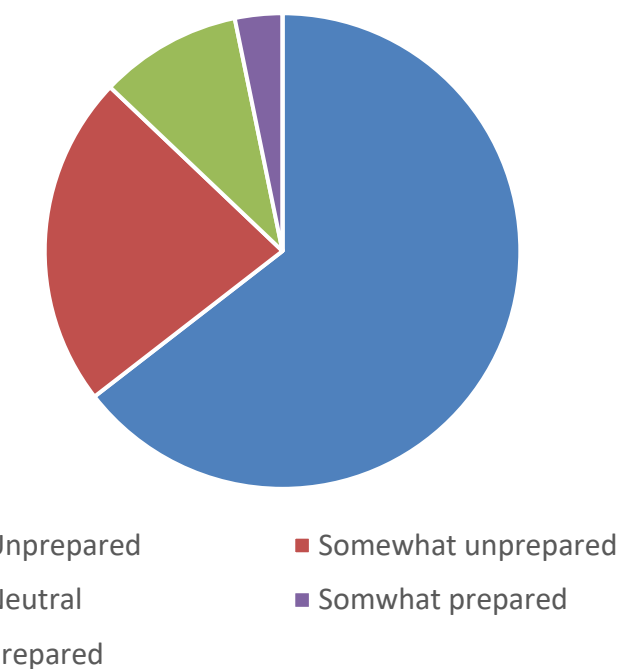
"I received a lot of family support. Was definitely an influence. I think that ties into socioeconomic status"

**Value of Mentorship**

"it was hard to find a mentor who I could identify with."

### Survey Findings

Business preparedness



### Value of Mentorship

87%, The percent of licensed OTs that feel there is a vital need for mentorship during the business ownership process

### Education skills addressed

64% of This is percent of OTs that felt OT graduate school did not prepare them to discuss insurance rates

### Observation Hours

#### Surf and Turf Therapy

Learning administrative skills from a successful therapy business

#### Administration Course Teachers Assistant

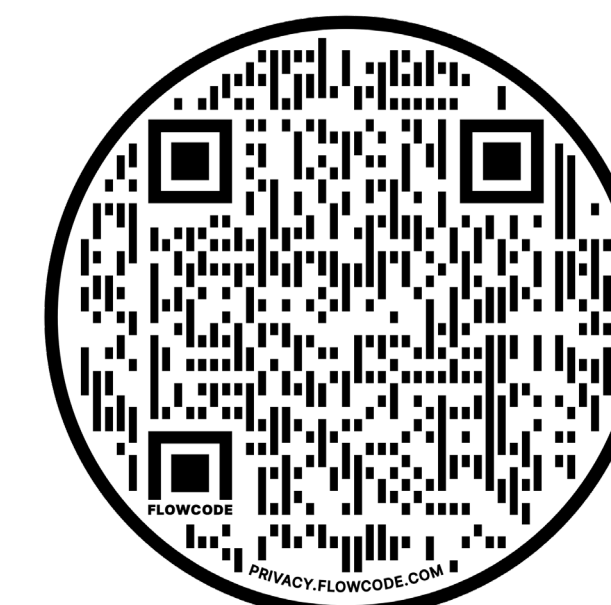
Gathered information delivered to OT students on business ownership

## Discussion/ Conclusions

The research results: the value of a good support system; financial needs and social/emotional support, autonomy over financial reasoning, the need for business knowledge, the importance of finding the right mentor, having the desired personal traits and qualities, and overall learning occupational balance as a business owner. Each of these factors play a vital role in the initial stages and the progression of the occupational therapy business owner.

The data is detailed on the website [Healthyhumantherapy.com](http://Healthyhumantherapy.com).

### References



### Website

