

Health Care Workforce Census Occupational Therapists, 2022

April 2025

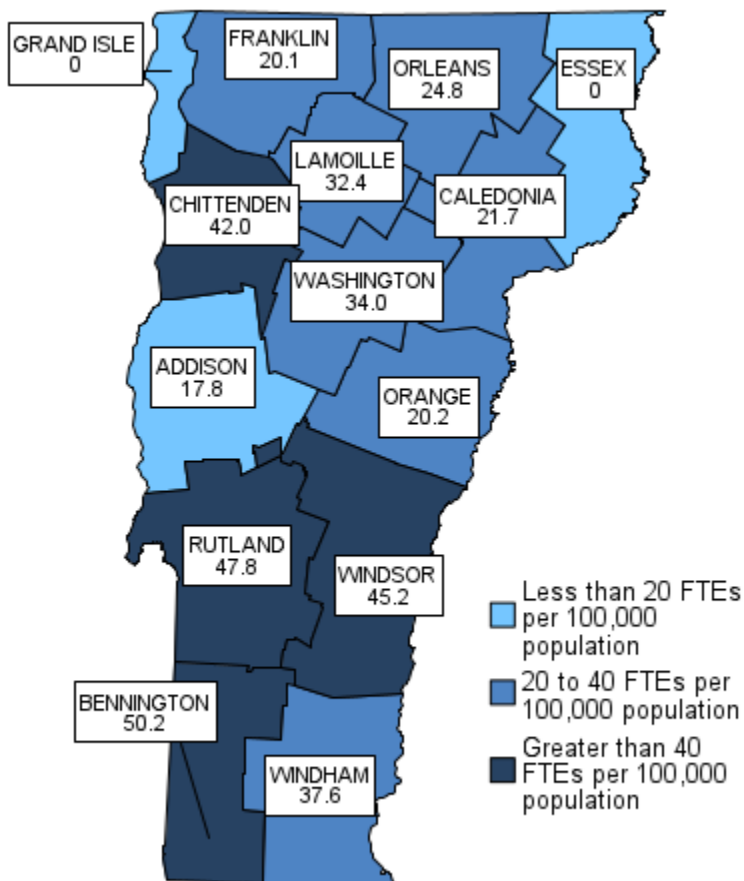
Overview

This Occupational Therapist census is part of the Vermont Department of Health's health care provider data program, which is used to monitor and measure the supply of health care providers in Vermont over time.

Vermont professionals are relicensed every two years. Data for this report were obtained during the May 2022 relicensing period and represent a snapshot of the profession at that time.

Occupational Therapists (OTs) promote independence, meaningful occupations, and patients' functional ability. They assist individuals in regaining skills as well as in increasing their abilities and decreasing limitations or disabilities. They recommend, as needed, adaptive equipment and training in its use, guidance, and education for family members and caregivers.

OT Full-Time Equivalents per 100,000 population by County



In Brief

Workforce

Survey period: May 2022
Response Rate: 100%
Licenses renewed: 440
Active in VT: 322
Full-time Equivalents: 230.2

Demographics

% Female: 91.8%
Median Age: 42
% 60 or older: 9.6%

Education and Training

% educated in VT: 2.4%
% educated in Northeast: 73.3%

Main Settings

School or college system: 25.2%
Home health: 16.8%
Skilled nursing facility: 14.3%

Current Employment

Full time hours at main site: 31.4%
Full time hours (all sites): 32.0%
Plans to reduce hours: 3.7%
Plans to stop working as OT in Vermont: 1.6%

Geographic Distribution

FTEs per 100,000 population:
Statewide: 35.6
Highest: 50.2, Bennington County
Lowest: 0, Essex and Grand Isle Counties

Trends in Statewide FTEs

2016: 193.5
2018: 215.5
2020: 216.9
2022: 230.2

Workforce

- 440 Occupational Therapists renewed their Vermont license in 2022.
- Data were obtained for 440 OTs for a 100% response rate, and 322 (73.2%) indicated that they were active and providing direct patient care in Vermont.
- Of the 118 who renewed but were not active in Vermont, 45 (38.1%) said they expect to start or resume direct patient care in Vermont in the next 12 months.
- The remainder of this report is based on the 322 OTs active in Vermont.

Full Time Equivalents (FTEs)

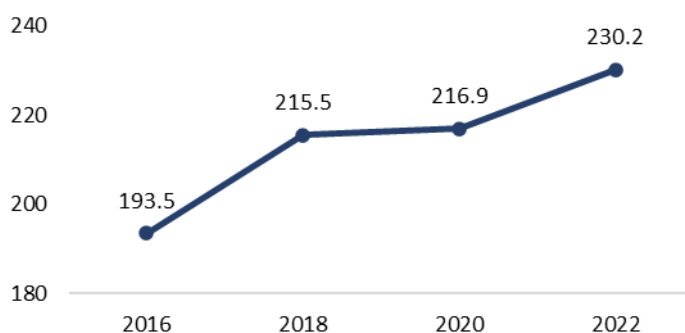
- 230.2 total FTEs were provided by the 322 OTs.
- 31.4% worked 40 hours or more per week at their main site.
- 32.0% worked 40 hours or more per week at all their work sites combined.
- 78.6% worked at least 20 hours per week at all their work sites combined.
- OTs age 60 and older (31 individuals) accounted for 17.5 FTEs, or 7.6% of total FTEs.

Average weekly hours – main site	Number	Percent
Less than 20 hours	73	22.7%
20 to 39 hours	148	46.0%
40 hours or more	101	31.4%

Trends in Statewide FTEs

- OT FTEs increased by 22 from 193.5 in 2016 to 215.5 in 2018. From 2018 to 2020, FTEs increased by just 1.4.
- OT FTEs then increased by 13.3 to 230.2 in 2022.

Occupational Therapist FTEs by year



Demographics

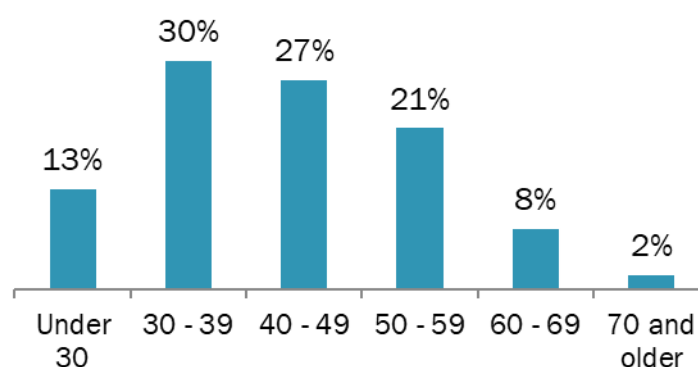
Sex

- 91.8% of OTs in Vermont (293) were female.
- 7.8% (25) were male.

Age

- Half of OTs active in Vermont were younger than age 42.
- 56.5% of OTs were between the ages of 30 and 49.

Age Distribution of VT Occupational Therapists



Race and Ethnicity

OTs were asked to select their race and could select multiple responses or choose not to answer, so numbers may not equal the total number of OTs.

- 300 OTs were white (93.2%), 4 were Asian, 1 was Native Hawaiian or Pacific Islander, and 2 were Native American or Alaska Native. Two OTs selected another race that was not listed, and 17 preferred not to answer or did not answer.
- Five OTs (1.6%) were Hispanic, Latino/a, or of Spanish origin, and 301 OTs (94.1%) were not. Sixteen OTs preferred not to answer or were missing data for ethnicity.

Education and Training

Most of the 322 OTs active in Vermont in 2022 completed their degrees in the Northeast (73.3%), including 2.4% in Vermont.

Highest degree awarded in...	Number	Percent
Northeast	214	73.3%
South	27	9.2%
Midwest	20	6.8%
West	15	5.1%
Outside US	16	5.5%

Practice Characteristics

The most common employment arrangements were salaried (141 OTs, 43.8%) and hourly (120 OTs, 37.3%).

Practice setting

For OTs' main practice location, the most common settings were:

- a school or college system (25.2%)
- home health (16.8%)
- a skilled nursing facility (14.3%)
- an outpatient clinic (13.0%)
- a hospital or medical center (10.6%)

Number of sites

- 10.6% of OTs practiced at 2 or more locations.

Current Experience and Future Plans

- Median time since first licensed as an occupational therapist: 15 years.
- 5 OTs (1.6%) planned to stop working as an OT in Vermont in the next 12 months.
- 12 (3.7%) planned to reduce their hours in the next 12 months.
- 21 (6.5%) planned to increase their hours, and 269 (83.8%) planned to continue as they are.

Key Takeaways

- OTs saw an increase in FTEs between 2016 and 2018, remained steady between 2018 and 2020, and increased again from 2020 to 2022. Overall, OT FTEs increased by 19% from 2016 to 2022.
- OTs in Vermont are predominantly female and relatively young, with a median age of 42.
- The most common settings for OTs are schools, home health, and skilled nursing facilities.
- Relative to population, OTs are most common in Bennington County and the southern half of the state.

For more information, contact: AHS.VDHPhysicianCensus@vermont.gov

Appendix

Active Occupational Therapist

An OT who reported working in Vermont as such (regardless of how many hours) is considered active.

Census

The census was taken during the biennial OT relicensing process which ended on May 31, 2022. Census questions available upon request.

Main Practice, Site, Setting, and Specialty

The main practice site, setting, or specialty of an individual refers to the practice site, setting, or specialty with the greatest number of reported annual hours.

Full Time Equivalent (FTE)

Full time is defined as 40 or more working hours in Vermont per week, 48 weeks or more per year. Reporting more than 40 hours per week is defined as one FTE regardless of the number of hours over 40 per week worked.

Maps

For county map, colors define quartiles. The lowest 25% of FTE equivalents to population ratio is displayed in the lightest color, the middle 50% in medium, and highest 25% in the darkest color.

Missing data

Unless otherwise noted, missing data are excluded from tables. Thus, totals may vary from table to table.

Population Estimates

Population estimates are for July 2022 and were provided by the Department of Health.

Weekly Hours

Average weekly hours is based on hours and weeks reported, adjusted to a full-time 48-week working year ($\text{hours} * (\text{weeks}/48)$). Thus, the average weekly hours for an individual working 40 hours a week for half the year (24 weeks) is 20.