

Rehab News



Submitted By: Therapy Department at Healthcare Therapy Services, Inc.

Occupational Therapy to Help Prolong Independence

Occupational Therapists (OTs) and Occupational Therapy Assistants (OTAs) help provide holistic intervention in many areas of occupation such as: activities of daily living (ADLs) including bathing, dressing and grooming; instrumental activities of living such as home and financial management, rest and sleep, education, work, play, leisure and social participation.

Common occupational therapy interventions include helping people learn how to compensate and/or regain skills in order to lead a full and productive life. This may include specific exercises, comprehensive evaluations of the person's home and other environments (e.g., workplace and school), recommendations for adaptive equipment and training in its use, and guidance and education for family members and caregivers.

COMMON CONDITIONS OCCUPATIONAL THERAPY CAN BENEFIT

- CVA/stroke or heart attack
- Arthritis, multiple sclerosis, or other serious chronic conditions
- Dementia or Alzheimer's
- Fractures, joint replacements or injuries from a fall or accident
- Vision or cognitive impairments that threaten the ability to drive

HOW OCCUPATIONAL THERAPY CAN HELP

- Education and training in activities of daily living
- Comprehensive evaluations of the client's home
- Recommendations for adaptive equipment and training in its use
- Sensorimotor treatment in strengthening, endurance, range of motion, coordination, balance and functional mobility
- Compensation for loss of one or more of the 5 senses
- Therapeutic activity for memory, orientation and cognitive integration
- Guidance and education for family members and caregivers

OT MONTH
APRIL 2016

CELEBRATE IT!

*Occupational
Therapy*

SOLUTIONS TO THE CHALLENGES
OF Everyday Life

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AOTA The American Occupational Therapy Association, Inc.

April is National Occupational Therapy Awareness Month! Occupational therapy has been proven effective for older adults living with various medical conditions or recovering from surgery. For more information on how occupational therapy can benefit you now or in the future, talk with your doctor or visit your therapy department. Occupational therapy is a part of the rehabilitation department and services are covered by Medicare and most insurance plans.