

OCCUPATIONAL THERAPY

Skills for the Job of Living

Occupational therapy

Occupational therapists strive to improve your quality of life. They work with you to perform daily tasks to maximize your independence and safety.



Activities of Daily Living (ADL's)

- Dressing
- Bathing
- Grooming
- Cooking
- Moving around your home
- Cleaning
- Driving
- Work/volunteer tasks
- Leisure/Hobby tasks
- Social interaction
- Communication

Facilitating Independence

- Instruction in one-handed dressing and grooming techniques.
- Instruction in use of tools (adaptive equipment) to independently perform ADL's.
- Instruction to family members to provide best support.

Adaptive Equipment

- Bathing: bath transfer chairs/benches, long handled shower hose, long handled brushes, grab bars.
- Toileting: raised toilet seats, toilet frame bars, hygiene assists.
- Dressing: reachers, elastic shoelaces, long handled shoe horns, zipper pulls, velcro.

Adaptive Equipment

- Grooming: suction cup brushes, extended handle hair combs/brushes, adapted shavers.

Adaptive Equipment

- Cooking: rocker knives, suction cup cutting boards, pour-assist devices, one-handed can openers and jar openers, adapted utensils (knives ,forks, spoons), curved edge plates, dycem.
- Functional mobility: trays and bags for walkers and wheelchairs, transport carts for household goods.

Adaptive Equipment

- Leisure: book holders, adapted pencils, key holders, visual assistance aids, card holders, adapted scissors, page turners.
- Driving: adapted steering wheel, adapted foot pedals.

Training to Re-gain Skills

- Dressing: Instruction in hemi-dressing techniques, functional balance training.
- Grooming: Instruction in one-handed techniques, use of adaptive equipment.
- Bathing: Instruction in transfer techniques, balance training, use of adaptive equipment.

Training

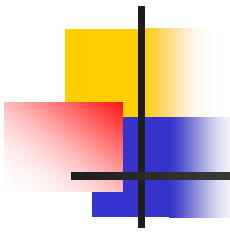
- Home Management: Training in mobility in kitchen, bedroom. Cooking training with necessary adaptive equipment, decisions on necessary equipment to pursue leisure and hobby tasks.

Facilitation of Body Skills

- Posture and “core” strength facilitation to improve balance for ADL’s.
- Stretching, strengthening and motor training for affected, “weak” arm.
- Normalization techniques and neuromuscular re-education for functional use of affected arm.
- Coordination training for affected arm.

Occupational Therapy Evaluation

- Alertness, ability to process and respond to immediate environment.
- Visual skills.
- Cognitive (thinking) skills.
- Sitting and standing balance.
- Arm mobility, sensation, strength and coordination.
- Ability to perform basic ADL's.



When you will see an Occupational Therapist

- Admission to hospital after becoming medically stable. A physician will order your therapy.
- In-patient rehabilitation therapy.
- Out-patient rehabilitation therapy.
- Home health rehabilitation therapy.
- Driving training.



Levels of Therapy Care

- Acute care (hospital therapy):
 - balance re-training,
 - visual skills training,
 - positioning and facilitation of affected arm,
 - beginning cognitive training,
 - beginning ADL skills training.



Levels of Therapy Care

- In-patient hospital rehabilitation:
 - dressing,
 - grooming,
 - mobility,
 - bathing training,
 - visual and cognitive training,
 - oral-motor training as necessary.



Levels of Therapy Care

- Out-patient rehabilitation:
 - facilitation of arm motor skills,
 - facilitation of visual and cognitive skills,
 - leisure and work-related skills,
 - driving training,
 - community re-entry.



Levels of Therapy Care

- Home Health rehabilitation:
 - facilitation of home safety and suggestions for environmental adaptations,
 - community re-entry,
 - ADL skills training.

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