

Occupational Therapy - OT

OT practitioners enable people of all ages to do the things they want and need to do by helping them live better with injury, illness, or disability (American Occupational Therapy Association, 2019).



Occupational therapy practitioners can provide services for the following:

- Assess the impact of pain, fatigue, and shortness of breath on self-care, productivity, leisure activities and social roles
- Collaborate with patients, family, and caregivers to adapt self-care, work, leisure activities and social roles within the patient's abilities
- Discuss energy conservation techniques and provide home exercise programs
- Exercise and strengthening
- Address balance difficulties
- Neuropathy education and home program
- Assess the need for equipment and modifications to meet the person's needs (bathroom equipment, wheelchair, etc)
- Address difficulties of meal/drink preparation and explore alternatives
- Evaluate and analyze patients' safety awareness including cognitive assessment
- Help facilitate return to work
- Address posture, pressure relief, and appropriate seating
- Liaise with community and support services
- Assist clients return to daily activities post-surgery
- Teach relaxation/stress management techniques

Occupational therapy practitioners have a holistic perspective, in which the focus is on adapting the environment and/or task to fit the person, and the person is an integral part of the therapy team. It is an evidence-based practice deeply rooted in science (American Occupational Therapy Association, 2019).