

3 Tips For Success With Occupational Therapy

Tip #1 Be Transparent Regarding What Matters Most To You

"Those of us in the occupational therapy profession, pride ourselves on being client centered. From our baseline analysis to our treatments and discharge planning, every aspect of OT care is rooted in driving what matters most to you, our client. So, before we embark on your wellness journey, we encourage you to take plenty of time for reflection on what you want and what you envision for your future. It's vital we have honest communications regarding your daily activities and hobbies. Then we can create your unique program that leads to success. Your OT will be mindful and considerate of any evolving realities."



Tip #2 Stay Open to the Possibilities

"Your occupational therapy practitioner is an innovator and problem solver! From trying an adaptive tool so you can dress independently, to establishing a strength-based program for better balance, occupational therapists can offer unique solutions to issues you may be facing. Stay open to the possibilities!"



Tip #3 Commit to the Program

"You are the key to your success! It's important you follow the program and all recommendations outlined in your OT sessions. Current research shows that OT can significantly reduce re-hospitalizations. By establishing client centered routines and identifying solutions for both fall reduction and medication management, following your OT program will keep you safe and healthy!"

