

OCCUPATIONAL THERAPY



Changes in health often mean changes in abilities, daily routine and ease of comfort in the home environment. AseraCare Home Health recognizes the need patients have to return to the healthy and active life they enjoyed before they were affected by illness, injury or surgery.

We know that occupational therapy helps patients do more than regain their ability to complete basic activities like bathing and dressing—occupational therapy addresses a person's ability to prepare meals and eat without assistance, their ability to use a telephone or shop for themselves, and other day-to-day tasks we take for granted. Our goal is to restore these functions and help patients feel more secure, independent and self-confident.



AseraCare Home Health

www.aseracare.com

AseraCare Home Health offers services and programs to patients without discrimination on the basis of race, color, creed, religion, sex, national origin, age, disability, status as a Vietnam era veteran, qualified special disabled veteran, recently separated veteran, or other protected veteran, or source of payment.

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Occupational therapy is more than just dressing oneself, it's also:

- Bathing and showering
- Bed mobility
- Grooming and hygiene
- Meal preparation and eating
- Edema management
- Joint mobility
- Leisure and productive activities
- Meal prep and clean up
- Toilet hygiene
- Dressing
- Emergency response and safety procedures
- Home management
- Functional communication such as using a telephone
- Shopping
- Financial management
- Medication management
- Transportation management

How do you know occupational therapy is needed? If you notice these “red flags:”

- Difficulty showering or bathing
- Difficulty with hygiene, grooming, restroom needs
- Difficulty with eating and food spillage
- Unable to participate in leisure tasks
- Unable to button shirt, close zipper, tie shoes
- Unable to open containers or pill boxes
- Increased time or help needed to dress
- Trouble adapting to healthcare equipment
- Difficulty with food preparation, putting nutrition at risk
- Change in ability to use telephone
- Increased assistance from caregivers
- Visual deficits
- New onset or increased frequency of falls
- Incontinence
- Slumped sitting posture
- Unable to reach or retrieve items
- Poor safety awareness
- Difficulty locating room or apartment