

What is Occupational Therapy?



ACCORDING TO THE AMERICAN OCCUPATIONAL THERAPY ASSOCIATION:

“Occupational therapy is the only profession that helps people across the lifespan to do the things they want and need to do through the therapeutic use of daily activities (occupations). Occupational therapy practitioners enable people of all ages to live life to its fullest by helping them promote health, and prevent—or live better with—injury, illness, or disability.”

AOTA also states, “Occupational therapy practitioners have a holistic perspective, in which the focus is on adapting the environment and/or task to fit the person...”

Highlights

What is OT?

Why would I seek OT?

What are examples of daily tasks?

How is OT different from PT?

What will Leann be doing?



WHY WOULD SOMEONE WITH PARKINSON'S SEEK OCCUPATIONAL THERAPY SERVICES?

Occupational therapy focuses on helping individuals perform their everyday activities safely and as independent as possible. When diseases such as Parkinson's affect a person's self-care, work, mobility, and/or leisure activities, occupational therapists analyze the tasks and help facilitate specific training, deliver adaptations or modifications, and/or provide compensation strategies to improve task performance and make the task easier to accomplish. *OT is here to help you do the things you want and need to do, more efficiently and effectively.*

Occupational therapy can assist people at all stages of Parkinson's, including a new diagnosis, and through the later years of disease. OT focuses on daily tasks that may be challenging to perform. Parkinson's tremor, stiffness, and decreased speed can affect the hands, making daily activities more challenging. Occupational therapy does not only emphasize upper body structure and movement, but also cognition, vision, and other functions that can impact movement.

EXAMPLES OF DAILY TASKS:

Self Care Examples:

Donning clothing, removing clothing, bathing, grooming/hygiene, toileting tasks, and putting on makeup and jewelry.

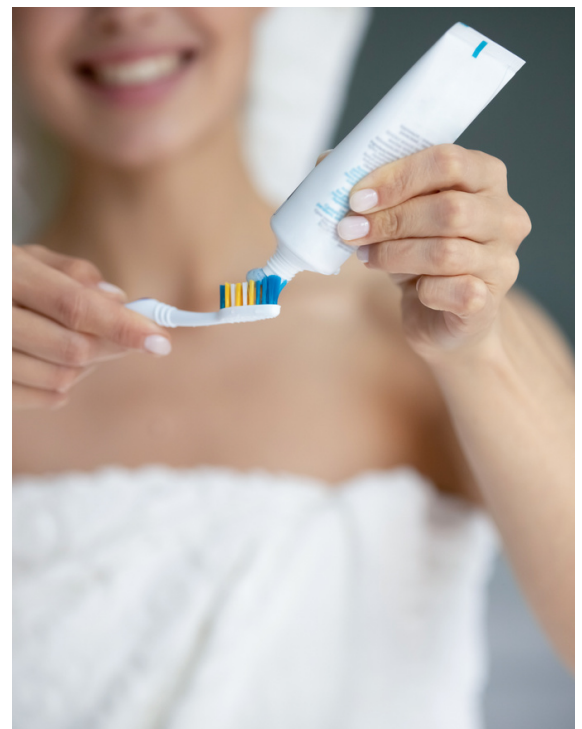
Reminder that getting dressed includes buttoning, zipping, putting on socks, lacing shoes, ETC.

Work Task Examples:

Typing, handwriting, problem-solving, and organization.

Leisure Activity Examples:

Going out to eat, taking the dog for a walk, and going to church. Remember that you may be out in the community for your leisure activities and need to use an ATM, a public restroom, navigate awkward seats/booths, or handle different shaped cups or utensils.





HOW DOES OCCUPATIONAL THERAPY DIFFER FROM PHYSICAL THERAPY?

Claire continues to share that there is often “overlap” between OT and PT. The take away message is that OT focuses on improving specific tasks and daily functions through the lens of occupation (doing things) while paying special attention to upper extremity performance during these tasks. Physical therapists classically concentrate on overall movement for mobility.

You guessed it! OT and PT can focus on balance, strength, attention, coordination, and endurance!

The multidisciplinary approach is helpful to ensure that the individual seeking services is receiving a holistic treatment approach!

WHAT CAN LEANN OFFER?

Leann is an Occupational Therapist who has opened her own practice that will provide mobile Occupational Therapy services. She is a Medicare provider. If you have Medicare, she must bill Medicare under Part B. She is working on other accreditation from a few other insurance companies, however, she is unsure of the time of approvals. If you do not have Medicare and would like to see Leann at this time, you can contact her for a cash payment price.

Leann will be able to work one-on-one with individuals to tackle specific problems that the person is experiencing. Leann can come to your home, meet you out in the community, or work with you at a specific location such as Rogue. She will collaborate with you to create individualized goals, working to improve the overall quality of your life.

Leann may be able to offer home modification recommendations, adaptive equipment recommendations, safety strategies, specific exercises programs, caregiver training, visual assessments, and more.

To contact Leann:

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