



# An OT Guide for adults



Occupational therapy (OT) is a branch of health care that helps people of all ages who have physical, sensory, or cognitive problems. OT can help them regain independence in all areas of their lives. Occupational therapists help with barriers that affect a person's emotional, social, and physical needs.

### **What Is Occupational Therapy?**

Occupational therapy is a branch of therapy that helps people to perform activities of daily living. It also helps to improve their quality of life. This therapy can be used for patients with physical, mental, or social disabilities.

The goal of occupational therapy is to help people live independent and fulfilling life. This therapy can be used to treat a wide range of conditions. This type of therapy is often used to help people who have suffered a stroke. It can also be used to help people with cerebral palsy, multiple sclerosis, and other conditions.

People may need occupational therapy if they have difficulty with activities of daily living. This includes activities such as dressing, bathing, eating, and using the toilet. Occupational therapists can help people to regain their independence.





## **Why Do Adults Use Occupational Therapy?**

**People may prefer to use occupational therapy for different reasons. Some people want to learn how to manage their condition and prevent it from worsening. Others may want to regain skills they have lost due to an injury or illness.**

**Occupational therapists work with adults of all ages, from young adults transitioning into independent living to older adults needing assistance in remaining active and independent. No matter what your age or stage in life, occupational therapy can help you live your life to the fullest.**

### **Some adults use occupational therapy to:**

#### **Learn New Ways to Complete Everyday Tasks**

**One of the most common reasons why adults use occupational therapy is to learn new ways to complete everyday tasks. Many adults who have conditions that affect their mobility, strength, or fine motor skills find that they need to find new ways to do things that were once easy for them.**

**For example, an adult with arthritis may need to learn how to open a door without pain. Or, an adult who has had a stroke may need to relearn how to write their name.**

**Occupational therapists can help adults learn new ways to complete everyday tasks by showing them how to use adaptive equipment. They can also teach them new techniques for doing things.**



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## Regain Skills That Have Been Lost

Another common reason why adults use occupational therapy is to regain skills that have been lost due to an injury or illness. For example, an adult who has had a stroke may need to relearn how to walk or talk.

Adults with brain injury may need to learn how to take care of themselves. And, an adult with Alzheimer's disease may need help with everyday tasks such as dressing and bathing. Occupational therapists can help adults regain skills that have been lost by working with them on exercises that target those specific skills. They can also teach them new ways of doing things.

## Manage Their Condition

Many adults use occupational therapy to learn how to manage their condition and prevent it from worsening. For example, an adult with arthritis may need to learn how to reduce the amount of pain they feel.

An adult with a mental health condition may need to learn how to cope with their symptoms. Occupational therapists can help adults manage their conditions by teaching them about their condition and what they can do to manage them. They can also provide them with support and resources.

## Develop Stronger Muscles

One of the most common reasons why adults use occupational therapy is to develop stronger muscles. Many adults who have conditions that affect their mobility, strength, or fine motor skills need to build up their muscle strength.

For example, an adult with cerebral palsy may need to strengthen their leg muscles. Or, an adult with multiple sclerosis may need to strengthen their arm muscles.

Occupational therapists can help adults build up their muscle strength by working with them on exercises that target those specific muscles. They can also teach them how to use adaptive equipment.

## Improve Their Balance

Another common reason why adults use occupational therapy is to improve their balance.

Many adults who have conditions that affect their balance, such as stroke or Parkinson's disease, need help to improve their balance.

Occupational therapists can help adults improve their balance by working with them on exercises that target those specific skills. They can also teach them how to use adaptive equipment.

## Prevent Injuries

An important part of occupational therapy is preventing injuries. Many adults who have conditions that put them at risk for injuries, such as falls, need help to prevent those injuries from happening. Occupational therapists can help adults prevent injuries by teaching them about their condition and what they can do to prevent an injury. They can also provide them with support and resources.

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## **Therapeutic Activities**

**Once the assessment is complete and the treatment plan is developed, the therapist will begin working with the patient on various activities. These activities are designed to help the patient improve their ability to perform activities of daily living. They may also be used to help the patient cope with physical, mental, or social disabilities.**

**Some of the activities that may be used in occupational therapy include:**

**Exercise:** Exercise is often used to help patients improve their strength, coordination, and range of motion.

**Fine motor skills training:** This type of training is designed to help patients improve their ability to perform activities that require small muscle movements.

**Activities of daily living training:** This helps to improve their ability to perform activities such as dressing, bathing, and cooking.

**Cognitive skills training:** This helps patients improve their memory, attention, and problem-solving skills.

**Social skills training:** This type of training is designed to help patients improve their ability to interact with others.

**The therapist will work with the patient on these activities until they reach their goals. The length of time that this takes will vary from patient to patient. Some patients may only need a few sessions, while others may need ongoing therapy for an extended period.**

**To check out all therapeutic activities contact us on [www.virtelco.com](http://www.virtelco.com).**