

Occupational Therapy for Adults

Best Occupational Therapy activities are here to help you recover your health conditions

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.

1. play games

Activities such as origami paper folding, stringing beads, ball toss and yoga supports range of motion and upper body strength and can also help inspire creativity and provide additional mental health benefits.

2. Strength training

Even with weakened muscles and a fragile skeletal system impacting functionality, older adults have the potential to regain strength through occupational therapy. By incorporating a range of resistance and flexibility exercises, strength training can enhance balance, coordination, endurance, and control for patients.

3. Transfer training

Transfer training involves teaching patients how to safely move their bodies between different surfaces, like getting in and out of the shower, onto and off of a chair, and transferring to and from the toilet. The specific transfer techniques taught to a patient will be tailored to their individual physical limitations. If the patient relies on a wheelchair or walking aid, these tools will be integrated into the transfer process.

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