

## OCCUPATIONAL THERAPY IN THE PHYSICAL FIELD AND REHABILITATION

We have achieved additional qualifications in the treatment of neurologically based injuries. Conditions most commonly treated by us are:

- Stroke
- Traumatic Brain injuries
- Guillian Barré Syndrome
- Encephalopathy
- Brain Cancer
- Spinal cord injuries
- Polymyositis/ADEM

As OT's we help people regain their functional independence following any condition that may render a patient impaired in any way. The OT plays an important role in the rehabilitation process. We work to address difficulties caused by the condition that impact the patient's ability to perform activities of daily life such as dressing, bathing, and managing a household or a job. The therapist assesses and, if necessary, treats a range of skill areas, including:

- Physical skills, e.g strength, coordination, and balance
- Cognitive skills, e.g memory, problem solving, sequencing, and ability to focus on and complete an activity
- Visual skills, e.g scanning and depth perception
- Psychological skills, e.g. ability to cope and manage frustration and develop insight into diagnosis
- Sensory skills, e.g., being able to identify different textures or temperatures and having a sense of space.
- Socio-emotional skills e.g., interpersonal relationships, emotional regulation

Together, the patient, the family, and the multidisciplinary team will identify and prioritize the main areas that need to be improved in order to increase the patient's functional independence. If necessary, the occupational therapist can recommend and help provide tools to make activities of daily living easier, such as adaptive equipment and home modifications.

When to call your OT?

- Are you concerned about memory loss or any other difficulties with concentration, problem solving?
- Any difficulty coping at home with a loved one, who had a stroke, back operation, or any other disease impairing their everyday function?
- Do you need a wheelchair, assistive devices for the shower or other special equipment to make life easier for you or a loved one? Did you know I can order these through your medical aid?