

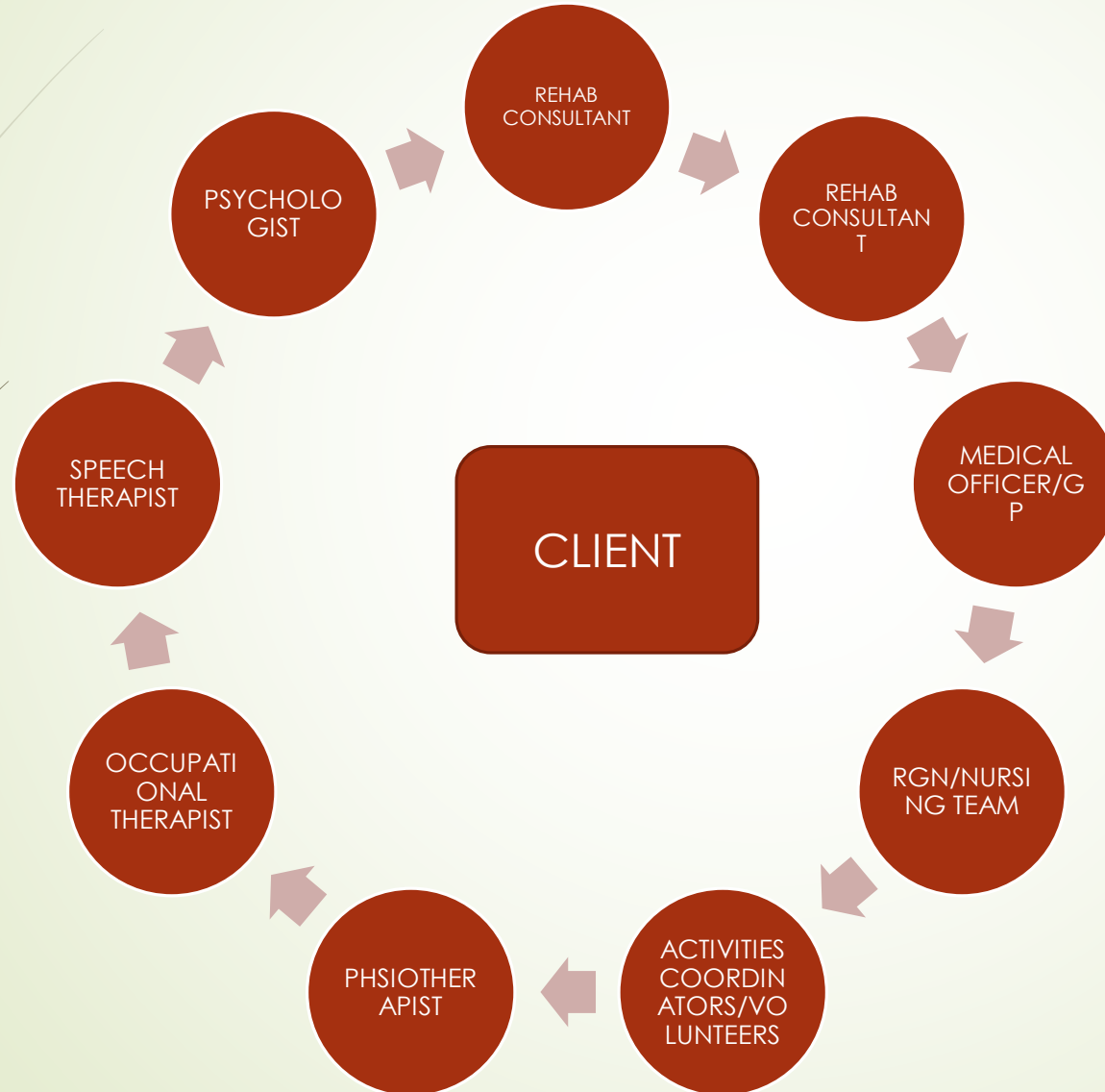


# INTRODUCTION TO OCCUPATIONAL THERAPY

By

Henry Joseph

# MDT members and roles





# OCCUPATIONAL THERAPISTS

...have the experience  
and the skills to help  
people overcome  
problems and barriers  
they may face in doing  
their everyday  
occupations!

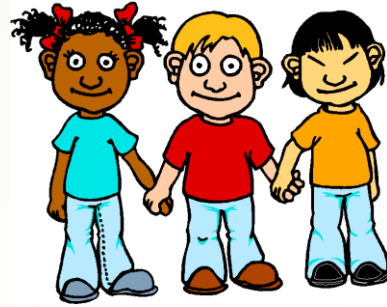
# Who is an Occupational Therapist?

Health Care Professionals who enable people to lead a more productive, satisfying, and independent life.



# Who do Occupational Therapists work with?

Children



Adolescents



Seniors



Adults



# Where do Occupational Therapists work?

- 
- Hospitals
  - Schools/Special schools
  - Mental Health Facilities
  - Armed forces
  - Old Homes
  - Private Clinics
  - Rehabilitation Centers
  - Community Health Centers
  - Insurance Companies
  - Client Homes
  - Client Work Places



# Activities of Daily Living(ADL's)

## Basic ADL's

Self care

- Feeding
- Grooming
- Dressing
- Bathing
- Personal hygiene
- Toileting

## Instrumental ADL's

Interaction with physical environment

- Putting things away & getting things out of the closet
- Telephoning
- Written communication
- Using paper money, checks or coins
- Using books, newspapers & entertainment equipments
- Using public/private transportation
- Leisure activities





## Dressing:

- Warm & light room.
- Firm seat with both feet on the floor with back supported.

## Clothing:

- Easy to handle.
- Light weight
- warm /stretchy fabrics
- Easily laundered
- Cotton – or cotton – polyester
- Wide openings

## Aids:

- Elastic laces
- Shoe horn
- Slipper – socks



## Eating :

- Functional retraining
- Optimal Posture

## Aids:

- Padded /light weight cutlery
- Plate guards
- Non slip mats
- Mugs & cups with handles
- Neater Eater

<https://youtu.be/ZDasK0o6pQ4>



# Home Safety and Management

- Even floor.
- Non-slip polishes
- Grab rails e.g. bath, toilet, steps.
- Plan but flexible routine will help to conserve energy.
- Non-iron and dip-dry fabrics.

## Carrying aids:

- Net bag clipped to the walking frame.
- Trolley or an apron with large pockets all reduce the danger of tripping
- Alarm system
- Telephone



## Bathing:

- Shower chair
- Non-slip bath mat



## Beds:

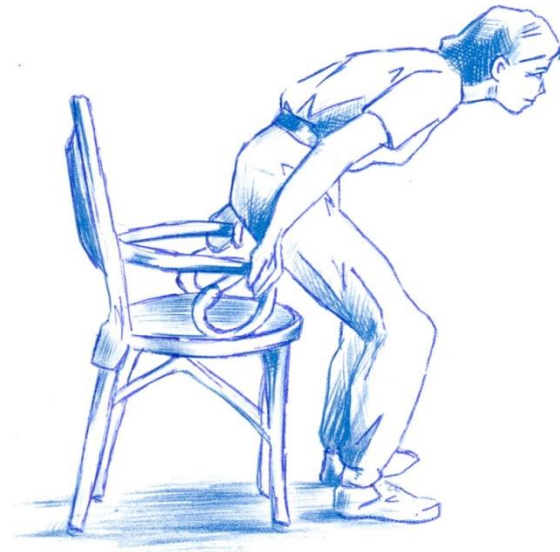
- Firm mattress
- Grab rail by the bed
- Night light luminous
- Alarm clock
- Light left on in the hallway





### 3.Transfers:

- Stable & firm surface.
- A firm wedged cushion or rocking motion for rising from sitting.
- Raise the back legs of a chair slightly.
- Steady high chair with arm rest.





# Occupational Therapy in Holy Cross

PDoC: Awareness Assessments –WHIM, JFK-CRS, SMART


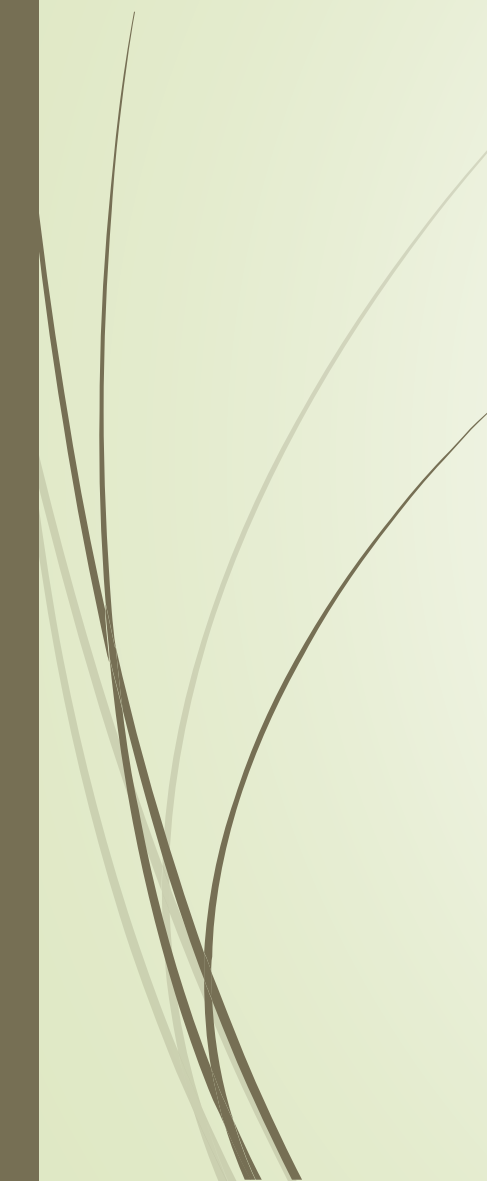
Assistive technology: Access switch, Environmental control, meaningful communication

Cognitive assessment: memory, attention span

Functional retraining: Personal care, wheelchair mobility, Cooking etc.

Transport assessment: safety check for outdoor trips



- 
- 
- Specialist equipment advice such as wheelchairs, beds, stair or through floor lifts
  - Moving & handling assessments, plans and training
  - Home adaptations and housing assessments
  - Facilitated discharges
  - Carer and family education and training
  - Techniques and activities around independence in daily activities such as washing and dressing or meal preparation
  - Splinting to reduce tone, contractures and enhance functional positioning



THANK YOU