

WELCOME TO OCCUPATIONAL THERAPY!

As your OT, I want you to be as healthy and independent as possible in your home. There are a lot of things that make up what you identify as a good quality of life, but sometimes changes in our bodies can change or limit our ability to do things we need to do and want to do. These changes can be in physical abilities (weakness, vision changes), cognitive abilities (memory, problem solving), and emotions. As your OT, I want to see how your success will be influenced by your own abilities, the set up in your home, and the structure of your routine to help you have the best quality of life possible based on your unique situation. My goal is to make sure that you can do whatever you want in your home, but we need to identify things you want to do and talk about the things unique to you and your situation to make sure you are successful.

Taking care of yourself - Can I do all of these things right now and do I want to do them independently?

- Bathing and getting in and out of my shower/tub
- Bowel and bladder management
- Getting dressed
- Eating and feeding yourself
- Moving from the bed to toilet or a chair or a car
- Take care of my extra things - cleaning my glasses, hearing aids, dentures, brace
- Sexual activity
- Cleaning myself after going to the bathroom and manage my clothing

Taking care of my home - ask yourself: Do I need to do these things in my home, do I have help, is there another way I could do these things?

- Help take care of my family members (spouse, children, grandchildren, etc) and pets
- Use my telephone, computer, reading or communication device
- Get in and out of the car, go to the store, manage the bus, drive
- Pay my bills, manage my money, do any shopping, check the mail
- Cleaning up in my home - dust, vacuum, bathrooms, dishes, laundry, yard work
- Know what to do in an emergency, manage my medication

Work/Learning/Volunteering - Do I work/go to school/volunteer currently? What are my barriers to finding work/volunteer position if that is what I want? Do I have barriers returning to my current/new job/volunteer job? Is there anything that I have an interest in learning? Can I access new information I want to know?

Play/Leisure/Rest/Social participation - What activities do you like to do for fun? How do you access those activities? What do you do by yourself and what do you do with friends or family? Do you have good sleep habits? Do you have good balance in your life between activities that are fun, restful and productive?