



How can I benefit from OT?

## Recover in a Hospital/Clinic

In a hospital or clinic setting, OTs work with other health care professionals to ensure your recovery and ability to function in day-to-day life. An OT will play an integral role in preparing you for the transition from hospital to home, especially if your illness or injury has left you unable to look after yourself and participate in your usual daily activities.

Here's how OTs make a difference in a hospital or clinic setting:

### OT in acute care

During your time in acute care, an OT may work with you to manage your own self care and prepare for your return home. The OT will begin rehabilitation treatment to address your needs, perhaps fabricating splints to support injured joints, commencing post-surgical or post-stroke treatment to restore function or, in a mental health unit, leading psychotherapy groups to support recovery from mental illness.

### OT in the rehabilitation unit

OTs are an integral part of rehabilitation units in hospitals. Working collaboratively with you, your doctor and other members of your rehab team, your OT will help you regain independence in day-to-day function.

Strategies may include physical strengthening, Activities of Daily Living retraining, introduction of adaptive equipment, environmental adaptation, mobility device prescription, cognitive skills training, and education.

*"OT helped me cope with the effects of a stroke - both in hospital and at home."*

Sam, OT client

### OT in outpatient or community clinic service

Your inpatient rehab team may determine that it's best for you to continue occupational therapy after being discharged. Taking advantage of hospital based outpatient or community clinic OT services ensures that you continue to recover and make functional gains while living in the comfortable and familiar setting of your home.

**To learn more about how you can benefit from OT, contact us or visit [OTOntario.ca](http://OTOntario.ca)**