Tip of the Month from your Health and Wellness Committee

 Occupational Therapy: What is it and what are its benefits?

There are several therapies that one may need throughout their lifetime for one reason or another, for example recovering from a stroke. April is National Occupational Therapy Month and the question arises what is occupational therapy and what are the benefits of it?

Everydayhealth.com states that “occupational therapy is the only profession that helps people across the lifespan to do the things they want and need to do through the therapeutic use of daily activities (occupations). Occupational therapy practitioners enable people of all ages to live life to its fullest by helping them promote health, and prevent — or live better with — injury, illness, or disability." "Helping children with disabilities to participate fully in school and social situations, helping people recovering from injury to regain skills, and providing supports for older adults experiencing physical and cognitive changes" are just a few examples of the many situations where occupational therapy can improve quality of life.

The support of a caregiver can also help to improve the benefits of occupational therapy by facilitating appointments, following up with exercises, and providing valuable feedback and support.