

Role of an Occupational Therapist

Occupational Therapists work with individuals who experience temporary/permanent disabilities, illnesses, or the effects of aging, along with their caregivers, to develop plans that focus on relearning, retraining, or compensatory strategies. With a focus on meaningful occupations, such as self-care, leisure, or work, these sessions aim to improve the patient's overall health and well-being.

Occupational Therapy Specialty Services at Woodlands Health

- Neurological rehabilitation
- Mental health and wellness
- Orthopaedics rehabilitation
- Geriatric rehabilitation
- General medicine rehabilitation
- Upper limb and hand therapy

Occupational Therapy Treatments Offered



Splint Fabrication
& Exercises



Home Assessment
& Modifications



Self-care Assessment
& Re-training



Prescription & Use of
Assistive Equipment



Activity Goal Setting &
Stress Management



Cognitive & Perceptual
Re-training



Patient Education &
Caregiver Training

Contributed by Occupational Therapy, Rehabilitation, Allied Health Services

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

Information shared is accurate as of December 2023 and subject to revision without prior notice.



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