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occupational therapy ot is a treatment for problems with movement and coordination it helps people improve the motor skills involved in everyday tasks like writing and getting dressed these skills include fine and gross motor skills and motor planning

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show details contents prev next in brief what is occupational therapy created august 27 2020 next update 2024 the aim of occupational therapy is to help people to live their lives more independently occupational therapists can help for instance if you have limited use of your hand or arm due to a medical condition

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in these examples occupational therapy enhanced a person s ability to participate by improving his or her skills or by adapting the activity or changing the environment

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these occupational therapy goals examples ensure clients benefit and see progress from their sessions free examples of short and long term smart goals

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occupational therapy includes cognitive as well as physical goals with the aim to improve daily functioning the examples of occupational therapy goals for adults listed below illustrate the kinds of activities that might be included in an ot treatment plan

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our occupational therapy notes help us track patient progress communicate with other healthcare providers and defend our rationale for our treatment choices but as we all know documentation can take forever and we might not have as much time as we d like to do it justice

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here are six common occupational therapy interventions 1 activity analysis otas analyze the parts of an activity looking at physical cognitive and emotional requirements and find ways to adapt the activity to match the person s abilities and goals for example they may look for ways to make an activity easier or more difficult 2

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here you will discover key goals of occupational therapy with practical examples to guide treatment planning and enhance patient outcomes

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at its core activity analysis occupational therapy is a systematic way of dissecting an activity to understand its inherent demands the required performance skills and its potential therapeutic value

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depending on the client s situation examples include recovering from a stroke managing a mental health diagnosis living on the autism spectrum or requiring adaptive equipment to mitigate aging occupational therapists make an assessment of client needs and design occupation based modalities to address ongoing care issues image from pexels

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1 pictictionary most children love drawing and it s a great ot fine motor activity 2 charades acting can develop fine and gross motor skills and it gives children with different communication skills the opportunity to get a point across 3 role playing encourages patients to communicate effectively and practice humor and assertiveness

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iadls while physical in nature involve a certain amount of cognitive thinking executive functioning skills this is the reason young children are not able to do these tasks yet and the elderly population loses this ability first as their cognitive abilities decline

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