



How can I benefit from OT?

## Manage at Home

OTs can help you or your family member regain or develop skills that promote safe independence in day-to-day living. Through an in-depth assessment of your needs, skills, limitations, environment and support system, your OT can provide solutions that help you improve and maintain a quality of life - right at home.

The home-based services of OTs include:

### Activities of daily living

Your OT can help you or your family member gain skills that support independence such as dressing, bathing, grooming, getting in and out of bed, managing a budget, or coping with a busy family schedule.

Your OT may break down activities to make them more manageable or recommend adaptive devices and mobility equipment such as a bath seat or a walker. Other possible strategies include modifying the environment to minimize risk or distraction, or creating a schedule of support services that allows you to take charge of your day.

### Home modifications

Your OT will work with you to identify potential hazards and barriers to independent functioning in your home. To address these issues, your OT may recommend solutions such as grab bars in the bathroom, stairlifts, wheelchair ramps or porch lifts.

*“My OT and I found solutions for getting around my home safely. I feel more confident and independent to do the things I want to do.”*

Betty, 78, OT client

### Homemaking activities

Your OT can provide effective solutions to help you or your family member manage regular housekeeping tasks such as meal preparation, vacuuming the carpet, or doing the laundry.

### Leisure and play

Illness, isolation and disability can limit your ability to engage actively in the things you love to do. An OT can help people of all ages find ways to participate in leisure activities, sports, and socializing with friends.

### Healthy aging at home

The ability to care for oneself and to participate in meaningful activities are important contributions to seniors' health. Your OT can help you or a family member live safely at home for as long as possible. For example, your OT can identify safety risks in the home and introduce solutions that promote independent living for seniors.

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