

10 BENEFITS OF OCCUPATIONAL THERAPY

1. Uses **less treatment time** than other interventions
2. **Reduces waste** of costly testing and surgical procedures when used as a conservative approach, which is better for the insurance and the client
3. Supports **prevention and management of chronic conditions**, especially when a referral is sent when the patient is initially diagnosed.
4. Improve the patient's ability to **participate in ADLs** to the fullest potential improving quality of life
5. Promote **health and wellness** vs. sickness using strategies to decrease costly healthcare interventions.
6. Increase **home safety** for patients via a detailed home assessment
7. Provides a means for **ongoing communication** between the patient, referring provider, and OT to keep the lines of communication open improving trust and assuring positive outcomes for all three parties
8. Supports an interdisciplinary approach to the well-being of a patient as well as a **cross-referral base**. Therapists spend up to an hour with clients several times a week. This allows for significant rapport building. Clients will ask for referrals to physicians due to the level of trust built as part of a therapeutic relationship
9. Addresses **cognitive goals** that engage the executive skills functioning set
10. Addresses **physical goals** such as grasping objects to perform everyday activities or improving hand-eye coordination.
11. Addresses **functional goals** that focus on endurance and strength to complete a preferred ADL.

The purpose of developing a grassroots curriculum to educate providers about OT is to improve collaboration between providers and therapists in order to improve patient outcomes. The current speed at which we must acquire knowledge in healthcare limits the ability to learn about the profession of OT. Therefore, occupational therapists must advocate for their own profession through education.

What is the **goal** of occupational therapy?

To improve quality of life through engagement in meaningful, daily occupations which affects overall health and wellness for Boerne's community-dwelling older adults.



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