

WHEN TO REFER TO OCCUPATIONAL THERAPY

At Trio Rehabilitation & Wellness Solutions, our target market for OT includes the following:

- People with TBI
- Acute and chronic stroke
- Newly or previously diagnosed with Parkinson's Disease.

Common referral symptoms

Common symptoms patients may report that warrant a referral to Occupational Therapy.

Universal complaints:

- Difficulty with self-feeding, grooming, dressing, bathing, or toileting
- Difficulty with cooking, cleaning, laundry, driving, phone use, shopping, medication management, or selecting appropriate foods/nutrition.
- Decreased safety in the home
- Falls

Parkinson's disease and other movement disorders:

- Motor and non-motor symptoms
- Non-motor symptoms include mild memory and thinking problems, anxiety, dementia, depression, fatigue, feeling unusually cold/hot, and hallucinations/delusions.
- Motor symptoms include tremors, rigidity or stiffness, slowness of movement, falls and dizziness, freezing, dystonia, and muscle cramps.

TBI/Stroke:

- Cognitive impairment, contractures, depression, falling, fatigue, hemiplegic shoulder pain, numbness, or burning and tingling feelings. Debilitating fatigue. Changes in vision, visual fields, or inability to read due to vision changes. Joint stiffness, loss of flexibility, motor control deficits or poor dexterity (apraxia/ataxia), extreme tightness or weakness in the affected arm or leg (hemiparesis/hemiplegia/spasticity/flaccidity) disheveled appearance, or poor postural control in sitting or standing.

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.



Scan the QR code
to learn more, or visit:
bit.ly/OTVideo4

Why to Refer

Using a detailed, evaluative approach that uses a client-centered approach, the client (patient) and therapist collaborate in creating **realistic** goals. Treatment sessions are challenging and use salient intervention, which is highly motivating for the client. The end result is not only improved ability to engage in occupations but improved self-efficacy and quality of life.

Referring to occupational therapy should result in a client experiencing an improved sense of self-worth by being able to engage in preferred occupations. YAY!

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