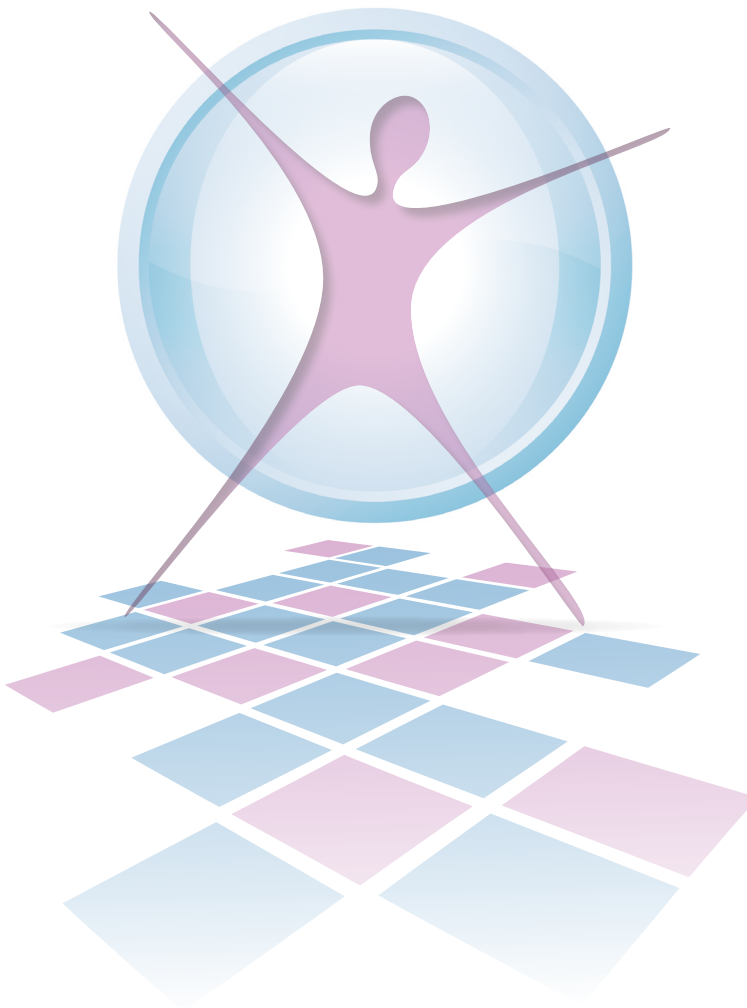


Occupational *Therapy*



**Morrow County
Hospital**
OhioHealth

Associated with OhioHealth

651 West Marion Road
Mount Gilead, Ohio 43338

What Is Occupational Therapy (OT)?

Occupational therapy helps people achieve independence, meaning and satisfaction in all aspects of their lives.

Who Can Receive OT?

The person who needs occupational therapy could be your father or mother facing changes because of aging. It could be your child, frustrated with being unable to perform the seemingly simple activities the other children at school can achieve. It could be you or your spouse coping with illness or the results of an accident. It could be anyone who, for whatever reason, can't do the things in life they want or need to do.

Common Diagnoses Treated:

- Stroke
- COPD
- Orthopedic Surgeries
- Carpal Tunnel
- Brain Injury
- Degenerative Diseases
- Cardiac Diseases
- People Who Have Suffered A Fall
- People With General Weakness
- Psychological Disorders
- Developmental Disorders



Where Can You Receive OT?

- Acute Care/Inpatient
- Swing Beds
- Outpatient
- Home Health



What Would You Do In Your OT Treatment Session?

Occupational therapy is therapy based on performing the meaningful activities of daily life (self-care skills, education, work, or social interaction), especially to enable or enhance participation in such activities despite impairments or limitations in physical or mental functioning.

Who Will Be Treating You?

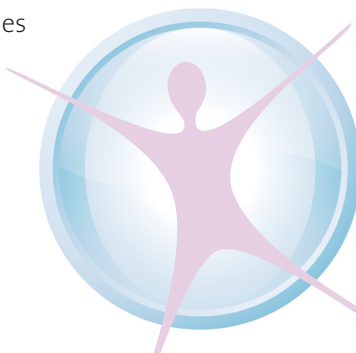
Occupational therapy practitioners are skilled professionals. Their education includes the study of human growth and development, with specific emphasis on the social, emotional and physical effects of illness and injury. They help individuals with illnesses, injuries, certain conditions or disabilities continue with their occupations of living to their maximal potential given the surrounding circumstances.

The occupational therapist's goal is to provide the client with skills for the job of living – those necessary to function in the community or in the client's chosen environment.

Occupational therapy practitioners are unique in that they look at the whole picture when it comes to a person's treatment – the individual's abilities, the task to be performed, and the environment in which the task takes place.

Main Areas Of Focus:

- Activities of Daily Living
(Eating, Grooming, Dressing, Toileting)
- Functional mobility
- Strengthening Activities
- Endurance Activities
- Perception/Cognition
- Energy Conservation
- Work Simplification
- Safety



What Do I Have To Do In Order To Receive Occupational Therapy?

- Determine that you feel there is a problem with one of the above areas.
- Visit your physician and discuss your concerns.
- Ask your physician if he/she feels occupational therapy would help.
- Get an order for occupational therapy with the diagnosis from your physician.
- Call Morrow County Hospital Rehab Services – **(419) 949-3086** – to schedule your first appointment.



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Visit Our Web Site:
www.morrowcountyhospital.com