

What do Occupational Therapists (OTs) do?

- **OTs support your recovery & independence by helping you participate in everyday skills:**
 - Basic: Self-care (feeding self, dressing, brushing teeth, bathing, & using the bathroom)
 - Complex: Preparing meals, house repairs, yard work, grocery shopping, money & medication management, childcare, return to work & driving
- **OTs prepare families for life after the hospital:**
 - Demonstrate how you can assist the patient with basic and complex everyday skills
 - Assess the home for safety, accessibility, and equipment needs

What can I do?

- **Bring in things from home, like:**
 - Comfortable clothes (favorite t-shirt, toothbrush/toothpaste, deodorant, body wash, electric razor)
 - Items of interest: deck of cards, sports items, makeup, photos
 - Favorite music playlist
- **Be patient**
 - Watch and listen during therapy sessions
 - Save questions for the end
- **Provide low stimulation to promote brain healing**
 - Only allow 1-2 visitors at a time
 - Focus on 1 thing at a time
 - a. Examples: have only 1 person speaking at a time, keep the TV off during mealtimes, dressing, and conversation
 - Sometimes it's okay to just sit with your family member without conversation

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