



Living Independently & Functionally in all Environments

What is Occupational Therapy?

Occupational therapy (OT) is a healthcare profession that uses activities to help people with disability or injury to function optimally in daily life. Occupational therapists work with clients of all ages and diagnoses in the fields of **mental health, physical disability, and developmental disorders**.

What services are provided?

Paediatrics

At Life OT, therapists use a play-based approach to help children with special needs to meet their developmental milestones and become independent in daily life. Interventions include:

- Fine/Gross Motor Co-ordination
- Handwriting therapy
- Feeding
- Social skills
- Caregiver training
- Posture
- Adaptive equipment
- Emotional and behavioural regulation
- Self-regulation & attention

Physical Disability

OTs work with post-injury patients to help them return to their optimal functioning. In times when rehabilitation is not possible, OTs help the individual and his/her family to adapt to their new circumstances. Interventions offered at Life OT include:

- Pain relief
- Strengthening
- Skin Protection
- Contracture Prevention
- Increasing Range of Motion
- Adaptive Device Recommendations
- Durable Medical Equipment Recommendations
- Caregiver Training
- Home Evaluations
- Adaptive Technique Training

Mental Health

Client's with mental health concerns can benefit from OT to help in areas such as:

- Social skills
- Hygiene
- Medication Management
- Coping Skills
- Time Management
- Illness Awareness
- Safety and Judgment
- Vocational Exploration and Preparedness

 505 Riverside Dr, Lange Park, Chaguanas

 rmartinez@lifeot.org

 868 764 6597

 lifeot.org



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What is the process for beginning OT sessions?

Persons interested in receiving OT can contact Life OT directly. In many cases, an individual is referred by a doctor, teacher or another therapist. At Life, the OT first conducts an evaluation and then advises the patient whether further sessions are recommended. The number of sessions needed varies greatly, and is based on the type of injury/disability, the client's goals and investment in therapy and the home exercise programmes, the severity of the condition, and whether it is amenable to therapy.

Time Schedule and Milestones

The number of occupational therapy sessions varies widely based on diagnosis. Adult physical injuries typically require fewer treatment sessions than children, such as 6 to 24 sessions. Children with involved developmental disabilities, however, usually benefit from lengthened periods of therapy. Children are usually asked to come to therapy once or twice per week for six months, after which a progress report will be done to determine whether further treatment is needed. It is not uncommon for children with moderate to severe disability to require years of therapy. However, there are also many mild cases that can be treated in as few as six therapy sessions.

Discharge from occupational therapy is based on the achievement of the goals identified in the initial evaluation. Client or caregiver input is also necessary to determine discharge.

What is the cost of sessions?

Therapists at Life OT see no more than two adult clients at a time. All paediatric sessions are individual. Assessments are also done on a one-on-one basis. Per-session rates are as follows:

- Adult Evaluation: \$350 (1 hour)
- Adult Treatment Session: \$250 (1 hour)
- Adult Home/Work site evaluation: \$500 (per hour)
- Child evaluation: \$1400 (2 hours)
- Child treatment session: \$400 (1 hour)
- School/home visit: \$500 (1 hour)
- On-site teacher meeting: \$200 (1 hour)

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