



Occupational Therapist

Occupational therapists help people manage daily tasks and overcome physical, emotional, or mental challenges by building skills, offering support, and adapting environments to make life easier.

An occupational therapist can:

- ✓ Assess physical, mental, and emotional challenges to better understand patient needs.
- ✓ Help patients build skills for everyday tasks like getting dressed, cooking, or working.
- ✓ Support recovery from illness or injury to improve independence.
- ✓ Recommend tools or changes to make homes or workplaces safer and easier to use.
- ✓ Connect patients to local programs and services to support their well-being.
- ✓ Provide strategies to help manage stress, anxiety, or other mental health challenges.
- ✓ Work with other healthcare providers to create care plans tailored to specific patient needs.

