

occupational therapy home exercise program

occupational therapy home exercise program is a vital resource for individuals seeking to maximize their independence, enhance physical and cognitive function, and support rehabilitation from the comfort of their own home. This article explores all aspects of occupational therapy home exercise programs, including their benefits, essential components, how exercises are customized, and strategies for successful implementation. Whether you are a patient, caregiver, or healthcare professional, understanding how a tailored home exercise program can facilitate recovery and improve quality of life is crucial. We'll delve into the roles of occupational therapists, the types of exercises commonly included, safety considerations, and practical tips for long-term success. By the end, you will have a comprehensive guide to optimizing home-based occupational therapy and supporting ongoing progress.

- Understanding Occupational Therapy Home Exercise Programs
- Key Benefits of a Home-Based Occupational Therapy Program
- Core Components of Occupational Therapy Home Exercise Programs
- Customizing Exercises for Individual Needs
- Types of Occupational Therapy Home Exercises
- Safety and Effectiveness Tips for Home Exercise Programs
- Strategies for Motivation and Adherence
- Role of Caregivers and Family Support

- Frequently Asked Questions

Understanding Occupational Therapy Home Exercise Programs

Occupational therapy home exercise programs are structured routines developed by qualified occupational therapists to support rehabilitation and improve daily functioning outside the clinical setting. These programs are designed to target specific physical, cognitive, or sensory challenges, helping individuals regain independence and perform activities of daily living more effectively. The home environment offers a unique opportunity for personalized therapy, addressing real-world barriers and fostering sustainable progress.

A home exercise program typically involves a combination of therapeutic exercises, functional task training, adaptive strategies, and education. Occupational therapists assess individual needs, set realistic goals, and monitor progress to ensure the program remains effective and relevant. By empowering individuals to engage in therapy at home, occupational therapy extends its benefits beyond the clinic, promoting long-term recovery and improving quality of life.

Key Benefits of a Home-Based Occupational Therapy Program

Implementing an occupational therapy home exercise program offers multiple advantages for patients and families. These benefits are vital for those recovering from injury, managing chronic conditions, or seeking to maintain independence as they age.

- **Convenience:** Therapy can be performed at any time, eliminating the need for clinic visits.
- **Personalization:** Exercises are tailored to the individual's unique needs and home environment.

- **Cost-Effectiveness:** Reduces travel expenses and clinic fees, making therapy more accessible.
- **Consistency:** Encourages regular practice, which is essential for progress.
- **Empowerment:** Fosters self-management and active participation in rehabilitation.
- **Family Involvement:** Allows caregivers and family members to support and participate in therapy.

These benefits contribute to better outcomes, improved functional abilities, and enhanced confidence in performing daily tasks.

Core Components of Occupational Therapy Home Exercise Programs

A well-structured occupational therapy home exercise program includes several critical components that work together to address the patient's needs. Occupational therapists develop these components based on a thorough assessment, ensuring each exercise and activity aligns with therapeutic goals.

Assessment and Goal Setting

The occupational therapist begins by evaluating the patient's physical, cognitive, and emotional abilities, as well as environmental factors within the home. This assessment guides individualized goal setting, focusing on meaningful activities such as dressing, cooking, mobility, and self-care.

Exercise Selection and Progression

Therapists select exercises that target specific impairments, such as strength, range of motion, coordination, and sensory integration. Progression plans are established to gradually increase difficulty as the patient improves, ensuring ongoing challenge and motivation.

Education and Training

Patients and caregivers receive education on proper exercise techniques, safety precautions, and strategies for integrating therapy into daily routines. Training may include demonstration, written instructions, and visual aids.

Monitoring and Feedback

Regular monitoring, either through telehealth or home visits, allows therapists to assess progress, adjust the program, and provide feedback. Tracking outcomes is essential for maintaining effectiveness and achieving goals.

Customizing Exercises for Individual Needs

Personalization is a cornerstone of occupational therapy home exercise programs. Each program is customized to reflect the patient's diagnosis, abilities, interests, and home environment, maximizing relevance and effectiveness.

Adapting to Functional Limitations

Therapists modify exercises to accommodate physical limitations, mobility challenges, or sensory deficits. Adaptive equipment, such as grab bars, reachers, or weighted utensils, may be introduced to support independence.

Cultural and Lifestyle Considerations

Occupational therapists account for cultural preferences, daily routines, and individual lifestyles when designing exercises. This approach ensures activities are meaningful and motivating, increasing adherence to the program.

Environmental Modifications

Assessing the home environment allows therapists to recommend changes that enhance safety and accessibility. Examples include rearranging furniture for mobility, installing assistive devices, or improving lighting to reduce fall risk.

Types of Occupational Therapy Home Exercises

The variety of exercises included in an occupational therapy home exercise program reflects the diverse needs of patients. These exercises target physical, cognitive, and sensory domains to promote holistic recovery.

Physical Exercises

- **Strengthening:** Resistance bands, light weights, and bodyweight exercises build muscle strength.
- **Range of Motion:** Gentle stretching and joint movements improve flexibility and mobility.
- **Balance and Coordination:** Standing exercises, walking drills, and dynamic movements enhance stability.

Cognitive and Sensory Exercises

- **Memory Activities:** Daily routines, checklists, and memory games support cognitive function.
- **Problem-Solving Tasks:** Cooking, managing finances, and planning errands strengthen executive skills.
- **Sensory Integration:** Tactile, visual, and auditory exercises help regulate sensory processing.

Functional Task Training

- **Self-Care:** Dressing, bathing, grooming, and feeding activities.
- **Home Management:** Cleaning, laundry, meal preparation, and organizing.
- **Community Engagement:** Practicing transportation, shopping, and social interactions.

Safety and Effectiveness Tips for Home Exercise Programs

Ensuring safety and maximizing effectiveness are priorities when implementing an occupational therapy home exercise program. Patients and caregivers should follow best practices to prevent injury and enhance results.

Safety Precautions

- Clear exercise spaces of clutter and hazards.
- Use assistive devices as recommended by the therapist.
- Start exercises slowly and increase intensity gradually.
- Monitor for pain, discomfort, or fatigue during activities.
- Contact the therapist if any concerns arise.

Promoting Effectiveness

- Follow the prescribed exercise schedule consistently.
- Keep a log of completed exercises and progress.
- Ask for clarification if instructions are unclear.

- Celebrate small achievements to stay motivated.

Strategies for Motivation and Adherence

Motivation and adherence are essential for the success of occupational therapy home exercise programs. Occupational therapists employ various strategies to help patients remain engaged and consistent.

Setting Realistic Goals

Breaking larger goals into smaller, achievable milestones encourages progress and builds confidence. Goal-setting discussions involve the patient's preferences and priorities, making therapy meaningful.

Incorporating Enjoyable Activities

Including hobbies, interests, and preferred activities in the exercise program fosters enjoyment and reduces resistance. This approach transforms therapy into a rewarding experience rather than a chore.

Providing Regular Feedback

Ongoing feedback from therapists and caregivers reinforces effort, corrects techniques, and celebrates improvements. Regular communication helps maintain momentum and addresses challenges promptly.

Role of Caregivers and Family Support

Family members and caregivers play a critical role in facilitating occupational therapy home exercise programs. Their support can enhance adherence, safety, and emotional well-being throughout the rehabilitation process.

Active Involvement

Caregivers assist with exercise setup, provide encouragement, and monitor safety. Their participation helps the patient feel supported and accountable.

Education and Collaboration

Therapists educate family members on the goals, techniques, and benefits of the home exercise program. Collaborative problem-solving ensures challenges are addressed and progress is maintained.

Emotional Support

Emotional encouragement, patience, and understanding foster a positive rehabilitation environment. Family involvement can be a powerful motivator for patients, leading to better outcomes.

Frequently Asked Questions

Q: What is an occupational therapy home exercise program?

A: An occupational therapy home exercise program is a set of therapeutic exercises and activities prescribed by an occupational therapist for individuals to perform in their home environment. These programs are designed to improve functional abilities, support recovery, and enhance independence.

Q: Who can benefit from an occupational therapy home exercise program?

A: People recovering from injury, managing chronic conditions, elderly adults, children with developmental delays, and individuals with disabilities can benefit from a customized home exercise program created by an occupational therapist.

Q: How often should I perform my occupational therapy home exercises?

A: Frequency varies based on individual needs and therapist recommendations, but most programs suggest performing exercises daily or several times per week for optimal progress.

Q: What types of exercises are included in a home occupational therapy program?

A: Exercises may include strength training, stretching, balance activities, cognitive challenges, sensory integration, and practice of daily living skills like dressing or meal preparation.

Q: How do therapists customize home exercise programs?

A: Therapists assess individual abilities, goals, and home environment, then tailor exercises and adaptive strategies to match unique needs and ensure effectiveness.

Q: What equipment is needed for occupational therapy exercises at home?

A: Common equipment includes resistance bands, weights, adaptive utensils, or household items. Therapists may also recommend assistive devices based on safety and functional requirements.

Q: Are occupational therapy home exercise programs safe for seniors?

A: Yes, occupational therapy home exercise programs are safe for seniors when designed and monitored by a qualified therapist, with modifications to address mobility and safety concerns.

Q: How can caregivers support occupational therapy home exercise programs?

A: Caregivers can assist with setup, provide encouragement, ensure safety, and help the patient follow the prescribed routine, thereby enhancing adherence and outcomes.

Q: What should I do if I experience pain or difficulty during exercises?

A: If pain or difficulty arises, stop the exercise and consult your occupational therapist for guidance or modifications. Safety is a priority in all home exercise programs.

Q: Can occupational therapy home exercise programs be updated over time?

A: Yes, occupational therapists regularly monitor progress and adjust home exercise programs to reflect improvements, new goals, or changing needs.

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Occupational Therapy Home Exercise Program: Reclaiming Your Independence

Are you struggling with daily tasks due to injury, illness, or aging? Do you feel frustrated by limitations in your ability to perform activities you once enjoyed? An occupational therapy home exercise program (OT HEP) might be the answer you've been searching for. This comprehensive guide will delve into the benefits of home exercise programs designed by occupational therapists, providing you with insights into what to expect, how to create a successful program, and how to maximize your results. We'll cover everything from understanding your specific needs to effectively implementing and tracking your progress. Let's reclaim your independence and quality of life together.

Understanding Your Occupational Therapy Home Exercise Program

An occupational therapy home exercise program is a personalized plan of exercises and activities created by a licensed occupational therapist (OT). It's designed to help you regain or improve your ability to perform everyday tasks—activities of daily living (ADLs)—and participate in meaningful occupations. Unlike generic exercise routines, an OT HEP specifically targets your individual needs, considering your physical limitations, medical history, and personal goals.

This tailored approach ensures that the exercises are safe, effective, and relevant to your specific situation. The exercises might focus on improving strength, range of motion, coordination, fine motor skills, or cognitive function, depending on your needs.

What to Expect from Your Occupational Therapy Home Exercise Program

Your OT will conduct a thorough evaluation to assess your strengths and weaknesses before designing your program. This evaluation might include physical assessments, interviews, and

observation of your functional performance. Based on this evaluation, they will create a program that includes:

Specific Exercises: These will be tailored to your needs and abilities, ranging from simple range-of-motion exercises to more complex strength training activities. Your OT will demonstrate each exercise correctly and provide modifications as needed.

Adaptive Equipment: Your OT may recommend using adaptive equipment to make tasks easier and safer. This could include assistive devices like grab bars, reachers, or adaptive utensils.

Activity Modifications: Your OT might suggest modifications to your daily routines to reduce strain and improve efficiency. This could involve changing the way you perform tasks or using assistive technology.

Progress Tracking: Your OT will likely provide a way to track your progress, either through a written log or a digital app. This allows you to monitor your improvement and provides valuable data for your ongoing therapy.

Follow-Up Appointments: Regular follow-up appointments are crucial to ensure the program remains effective and safe. These appointments allow your OT to adjust the program based on your progress and address any challenges you encounter.

Creating a Successful Occupational Therapy Home Exercise Program

While your OT creates the initial program, your active participation is vital for its success. Here are some key factors to consider:

Consistency is Key: Adhere to your exercise schedule as closely as possible. Regular practice is essential for seeing improvement.

Listen to Your Body: Pay attention to any pain or discomfort. Don't push yourself beyond your limits. If you experience pain, stop the exercise and consult your OT.

Create a Supportive Environment: Ensure you have a safe and comfortable space to perform your exercises. Remove any obstacles that might cause you to trip or fall.

Seek Support: Don't hesitate to ask for help from family members or friends. Having someone to assist you can make a significant difference, especially when starting a new program.

Stay Motivated: Celebrate your achievements and reward yourself for sticking to your program. Maintaining motivation is crucial for long-term success.

Maximizing the Benefits of Your Occupational Therapy Home Exercise Program

To maximize the effectiveness of your OT HEP, consider incorporating these strategies:

Visual Aids: Use pictures or videos to guide you through the exercises if needed.

Regular Communication: Maintain open communication with your OT, reporting any issues or challenges encountered.

Integration into Daily Life: Integrate exercises into your daily routine to make them feel less like a chore and more like a natural part of your day.

Goal Setting: Set realistic and achievable goals for yourself. Breaking down larger goals into smaller, manageable steps can help you stay motivated.

Positive Self-Talk: Encourage yourself and focus on your progress rather than your limitations.

Conclusion

An occupational therapy home exercise program offers a powerful way to regain independence and improve your quality of life. By working closely with your OT and consistently following your personalized plan, you can achieve significant improvements in your ability to perform daily tasks and participate in activities you enjoy. Remember, consistency, communication, and a positive attitude are key to success.

FAQs

1. How often will I need to see my occupational therapist? The frequency of your appointments will depend on your individual needs and progress. Initially, you may have more frequent appointments, but as you progress, the frequency may decrease.
2. What if I can't afford occupational therapy? Many resources exist to assist with the cost of occupational therapy. Explore options like insurance coverage, government programs, and charitable organizations.
3. Can I modify my home exercise program on my own? No, it's crucial to consult with your OT before making any changes to your program. Unauthorized modifications could potentially lead to injury.

4. What if I miss a few days of my exercises? Don't get discouraged! Simply pick up where you left off and continue with your program. Consistency is important, but occasional lapses are understandable.

5. How long will my occupational therapy home exercise program last? The duration of your program will vary depending on your individual progress and goals. Your OT will work with you to determine a suitable timeline.

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occupational therapy home exercise program: *Occupational Therapy Practice Framework: Domain and Process* Aota, 2014 As occupational therapy celebrates its centennial in 2017, attention returns to the profession's founding belief in the value of therapeutic occupations as a way to remediate illness and maintain health. The founders emphasized the importance of establishing a therapeutic relationship with each client and designing an intervention plan based on the knowledge about a client's context and environment, values, goals, and needs. Using today's lexicon, the profession's founders proposed a vision for the profession that was occupation based, client centered, and evidence based--the vision articulated in the third edition of the Occupational Therapy Practice Framework: Domain and Process. The Framework is a must-have official document from the American Occupational Therapy Association. Intended for occupational therapy practitioners and students, other health care professionals, educators, researchers, payers, and consumers, the Framework summarizes the interrelated constructs that describe occupational therapy practice. In addition to the creation of a new preface to set the tone for the work, this new edition includes the following highlights: a redefinition of the overarching statement describing occupational therapy's domain; a new definition of clients that includes persons, groups, and populations; further delineation of the profession's relationship to organizations; inclusion of activity demands as part of the process; and even more up-to-date analysis and guidance for today's occupational therapy practitioners. Achieving health, well-being, and participation in life through engagement in occupation is the overarching statement that describes the domain and process of occupational therapy in the fullest sense. The Framework can provide the structure and guidance that practitioners can use to meet this important goal.

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students ample opportunities to practice writing occupation-based problem statements and goals, intervention plans, SOAP notes, and other forms of documentation. The Fifth Edition has also been updated to reflect changes in the American Occupational Therapy Association's Occupational Therapy Practice Framework: Domain and Process, Fourth Edition. What's included in Documentation Manual for Occupational Therapy: • Numerous worksheets for students to practice individual skills with suggested answers provided in the Appendix • Updated information on coding, billing, and reimbursement to reflect recent Medicare changes, particularly in post-acute care settings • Examples from a variety of contemporary occupational therapy practice settings Included with the text are online supplemental materials for faculty use in the classroom. Instructors in educational settings can visit the site for an Instructor's Manual with resources to develop an entire course on professional documentation or to use the textbook across several courses. One of the most critical skills that occupational therapy practitioners must learn is effective documentation to guide client care, communicate with colleagues, and maximize reimbursement. The newly updated and expanded Documentation Manual for Occupational Therapy, Fifth Edition, will help students master their documentation skills before they ever step foot into practice.

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prescribes exercise for musculoskeletal injuries and conditions. The most central aspect of any therapeutic exercise program is the patient's ability to perform the exercises effectively and routinely at home. This book is organized by major body regions from neck to foot and covers the breadth of home exercises for problems in each area based on the current literature. Each chapter begins with a brief introduction to the rehabilitation issues surrounding the types of injuries that can occur and general exercise objectives with desired outcomes, followed by a concise review of the specific conditions and a list of recommended exercises. The remainder of the chapter is a visual presentation of the exercises with high-quality photographs and step-by-step instructions for performing them accurately. The most fundamental exercises to the rehabilitation of each specific region are presented first as the essential building blocks, followed then by condition-specific exercises that advance throughout the chapter. Using this section, the healthcare practitioner can provide patients with handouts that require little to no explanation and can customize the program and modify instructions to fit individual patient needs and abilities – with confidence the handouts will be a valuable tool to help patients recover successfully from musculoskeletal and sports injuries. Key Features: Concise evidence-based guide for practitioners who prescribe home exercise programs for musculoskeletal and sports injuries Presents foundational, intermediate, and more advanced exercises for each body region and condition based on the current literature to achieve desired outcomes Highly visual approach with over 400 photographs demonstrating each exercise effectively with step-by-step instructions Each chapter includes evidence-based recommendations and goals for advancement of the exercise program Includes digital access to the ebook for use on most mobile devices and computers

occupational therapy home exercise program: The Occupational Therapist's Workbook for Ensuring Clinical Competence Marie Morreale, Debbie Amini, 2024-06-01 The Occupational Therapist's Workbook for Ensuring Clinical Competence is designed to help occupational therapy students and new practitioners demonstrate the practical problem-solving and real-life clinical reasoning skills essential for fieldwork and clinical practice. This user-friendly resource helps the reader apply occupational therapy concepts, improve narrative and pragmatic reasoning skills, and measure attainment of knowledge and skills needed for successful transition to fieldwork and entry-level practice. Inside The Occupational Therapist's Workbook for Ensuring Clinical Competence, a wide variety of client conditions, situations, and intervention options are presented for different practice areas. Knowledge and skills are assessed for fundamental aspects of occupational therapy such as: professionalism, ethical decision-making, evidence-based practice, evaluation and intervention planning, occupation-based interventions, effective communication, supervision, role delineation, activity analysis, cultural competence, interprofessional collaboration, group process, emerging practice areas, department management, safety, documentation, billing and reimbursement, and more. Marie Morreale and Debbie Amini have incorporated numerous worksheets, learning activities, and worksheet answers in an easy-to-read format. The variety of assessment methods and learning activities used throughout the text stem from the authors' combined decades of teaching experience and include: case studies; vignettes; multiple choice, matching and true/false questions; fill in the blanks; experiential activities and more. Topics are broken down into smaller units and explained step-by-step to allow for easy independent study. Thoroughly explained answers are provided so that readers can check their responses with suggested best practice. These worksheets and learning activities are also useful as role-playing exercises, studying in small groups, and can aid in preparing for fieldwork or the national certification exam. Included with the text are online supplemental materials for faculty use in the classroom. The Occupational Therapist's Workbook for Ensuring Clinical Competence is the go-to text for occupational therapy students and faculty, as well as new occupational therapy practitioners who require the practical problem-solving skills and the clinical decision-making skills essential for fieldwork and clinical practice.

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client-centered care, encouraging practitioners to match clients' motor capabilities, goals, and interests to specific, challenging tasks. Comprehensive and practical, this manual guides allied health practitioners in every aspect of task-specific training--

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occupational therapy home exercise program: *Pedretti's Occupational Therapy - E-Book* Heidi McHugh Pendleton, Winifred Schultz-Krohn, 2024-03-25 Gain the knowledge and skills you

need to treat clients/patients with physical disabilities! Pedretti's Occupational Therapy: Practice Skills for Physical Dysfunction, 9th Edition uses a case-based approach threaded through each chapter to provide a solid foundation in evaluation, intervention, and clinical reasoning. The text continues to support the entry-level occupational therapist and the experienced occupational therapist focused on expanding skills and knowledge. With the OT practice framework as a guide, you will focus on the core concepts and central goals of client care. And by studying threaded case studies, you will learn to apply theory to clinical practice. Written by a team of expert OT educators and professionals led by Heidi McHugh Pendleton and Winifred Schultz-Krohn, this edition includes an eBook free with each new print purchase, featuring a fully searchable version of the entire text. - UNIQUE! Threaded case studies begin and are woven through each chapter, helping you develop clinical reasoning and decision-making skills and to apply concepts to real-life clinical practice. - UNIQUE! Ethical Considerations boxes examine the obligation to collaborate with clients on their care, using evidence to select treatment options. - UNIQUE! OT Practice Notes convey important tips and insights into professional practice. - Illustrated, evidence-based content provides a foundation for practice, especially relating to evaluation and intervention. - Information on prevention — rather than simply intervention or treatment — shows how OTs can take a proactive role in client care. - Focus on health promotion and wellness addresses the role of the occupational therapist in what the AOTA has identified as a key practice area. - Content on cultural and ethnic diversity is included in every chapter, reflecting occupational therapy's commitment to this important issue. - Key terms, chapter outlines, and chapter objectives highlight the information you can expect to learn from each chapter. - NEW! Updated content reflects the new Occupational Therapy Practice Framework (OTPF) and the new Accreditation Council for Occupational Therapy Education (ACOTE) curriculum standards along with the new AOTA Code of Ethics. - NEW! Implementation of Occupational Therapy Services, Therapeutic Use of Self, Telehealth, and Lifestyle Redesign chapters are added to this edition. - NEW! Content on the role of the occupational therapist with clients/patients who experience long COVID. - NEW! Inside look at the lived experience of disability covers the intersection of disability perspectives and occupational justice, along with the implications for Occupational Therapy. - NEW! Updated Mindfulness chapter is expanded to cover the wide use of mindfulness in occupational therapy for those with physical disabilities. - NEW! eBook version - included with print purchase - allows you to access all of the text, figures, and references from the book on a variety of devices, and offers the ability to search, customize your content, make notes and highlights, and have the content read aloud.

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Melinda Rybski, 2024-06-01 Kinesiology for Occupational Therapy, Third Edition covers the theoretical background for understanding the kinematics and kinetics of normal human physiological movement. Each specific joint is assessed in terms of musculoskeletal function, movements possible, and an overview of pathology that may develop. Dr. Melinda Rybski covers four occupational therapy theories related to functional motion that are important for occupational therapists to know. This Third Edition has been updated to reflect the current field and includes new information that has emerged in recent years. New in the Third Edition: Content closely follows AOTA's Occupational Therapy Practice Framework and Occupational Therapy Vision 2025 Updated and more extensive provision of evidence that summarizes key findings in current literature New theories are presented in the Intervention sections Extensive, joint specific and theory-based assessments are provided Interventions described are occupation-based, process-based Kinesiology concepts presented in a practical, useable way Expanded chapters for Spine and Thorax and Hip and Pelvis. Included with the text are online supplemental materials for faculty use in the classroom. Kinesiology for Occupational Therapy, Third Edition clearly outlines the need for an understanding of kinesiology in occupational therapy, providing occupational therapists with the evidence necessary to support their intervention strategies.

occupational therapy home exercise program: Occupational Therapy with Aging Adults
Karen Frank Barney, Margaret Perkinson, 2015-12-11 Look no further for the book that provides the

information essential for successful practice in the rapidly growing field of gerontological occupational therapy! Occupational Therapy with Aging Adults is a new, comprehensive text edited by OT and gerontological experts Karen Frank Barney and Margaret Perkinson that takes a unique interdisciplinary and collaborative approach in covering every major aspects of geriatric gerontological occupational therapy practice. With 30 chapters written by 70 eminent leaders in gerontology and OT, this book covers the entire continuum of care for the aging population along with special considerations for this rapidly growing demographic. This innovative text also covers topical issues spanning the areas of ethical approaches to treatment; nutrition and oral health concerns; pharmacological issues; low vision interventions; assistive technology supports; and more to ensure readers are well versed in every aspect of this key practice area. - UNIQUE!

Intraprofessional and interprofessional approach to intervention emphasizes working holistically and collaboratively in serving older adults. - Case examples help you learn to apply new information to actual patient situations. - Questions at the end of each chapter can be used for discussion or other learning applications. - Chapter on evidence-based practice discusses how to incorporate evidence into the clinical setting. - Chapter on ethics provides a deeper understanding of how to address challenging ethical dilemmas. - UNIQUE! Chapter on the wide range of physiological changes among the aging patient population highlights related occupational performance issues. - UNIQUE! Chapter on oral health explores the challenges faced by older adults.

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Peloquin, PhD, a recognized authority in her field. Dr. Peloquin recounts stories from occupational therapy history and offers unique insights into current practice.

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