

# Occupational Therapists ...



envision a world where you can participate in meaningful activities to optimize your life experience.

## **14** Reasons Seniors Can Be Thankful for Occupational Therapy

1. Identified by the American Medical Association as the primary provider for driving assessments and driver training.
2. Facilitates independent living for individuals with low vision.
3. Focuses on remediating or adapting for challenges brought on by aging to allow people to live independently longer.
4. Modifies home environments to promote successful independent living.
5. Focuses on restoring independence with self-care such as dressing and bathing.
6. Provides meaningful ways to recover at home.
7. Works with the whole person.
8. Keeps people in their communities and out of institutions.
9. Minimizes limitations and promotes independence.
10. Gives people control back in their lives.
11. Is about participation in activities which are loved and considered essential to overall well-being.
12. Removes physical and psychological barriers.
13. Helps build self-esteem and coping skills.
14. Built on evidence supporting the use of meaningful activity to increase functional independence and improve health.