

Restoring ability, activity
and improving daily living.

N'Mninoeyaa COMMUNITY SUPPORT SERVICES



Occupational Therapy Services

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Occupational Therapy is a health profession that promotes health and well-being across the lifespan to enable clients to maximize their participation in meaningful activities (occupations).



N'Mninoeyaa Aboriginal Health Access Centre
Community Support Services
473B Highway 17, Cutler, ON POP 1B0
t. 705-844-2021 f. 705-844-2844
www.nmninoeyaa.ca



 MAAMWESYING NORTH SHORE COMMUNITY HEALTH SERVICES INC.

Maamwesying kina gweyahn N'minobimaadizing – Working as one for the wellbeing of all

How can an Occupational Therapist help?

Occupational Therapists (OTs) use therapeutic activities to maximize function, enhance development and remove barriers in the areas of self-care, productivity and leisure.

The OT may recommend adapting the environment and/or the task to enable clients to maximize their functional independence with purposeful activities (occupations) that are important to them.

Occupational therapists work to restore the client's ability to carry out activities of daily living like eating, bathing, dressing, returning to work and driving, as well as independent living skills such as homemaking and money management.

“Occupation” is everything that people do during the course of everyday life.

Depending on your situation, an occupational therapist may check:

- What you can and cannot do physically (this includes your strength, coordination, balance, or other physical abilities)
- What you can and cannot do mentally (your memory, organization skills, coping strategies, or other mental abilities)
- The potential impact of mental health issues, including addictions, on your daily activities
- What materials you use to participate in the activities of daily living (for example, work tools, furniture, cooking utensils, clothes, or other materials)
- The social and emotional support available to you in your home, school, work and community
- The physical setup of your home, school, classroom, workplace, community, or other environment

The Occupational Therapist can help you overcome barriers by:

Educating

- Advising clients on how to approach tasks differently using the abilities they have
- Recommending activities that help to maintain and/or improve clients' current abilities
- Teaching strategies to prevent injury and promote wellness
- Advising clients about available resources within and outside of their communities

Modifying

- Recommending different assistive devices for clients to manage functional activities within their home, school, workplace and/or community

- Recommending changes to the client's physical environment within their home, school and/or workplace to maximize functional independence with activities of daily living

Advocating

- Assisting clients to access community-based services (including funding for equipment and/or home modifications, and referral to other community-based programs that may be available)

For more information or to make a referral:

**In Atikameksheng
Anishnawbek, Mississauga
First Nation, Sagamok
Anishnawbek and Serpent
River First Nation, contact:**

Tel: 705-227-0912

