

Occupational Therapists are healthcare providers who help you participate in “**occupations**” - a fancy word for the activities you spend time doing



Get in touch!

For more information or to get help from an Occupational Therapist, contact Home and Community Support Services Team at



Phone: 1-833-575-4577



Email: HCSS@maamwesying.ca



Fax: 705-256-7250



Providing services to: **Atikameksheng, Sagamok, Serpent River, Mississauga, Thessalon, Garden River, Batchewana,** & the Urban Indigenous Population in Sault Ste. Marie through the **Indigenous Friendship Centre and Baawaating Family Health Team.**

Contact head office to learn more about what services are offered in your community



473B Highway 17 West, Cutler ON P0P 1B0

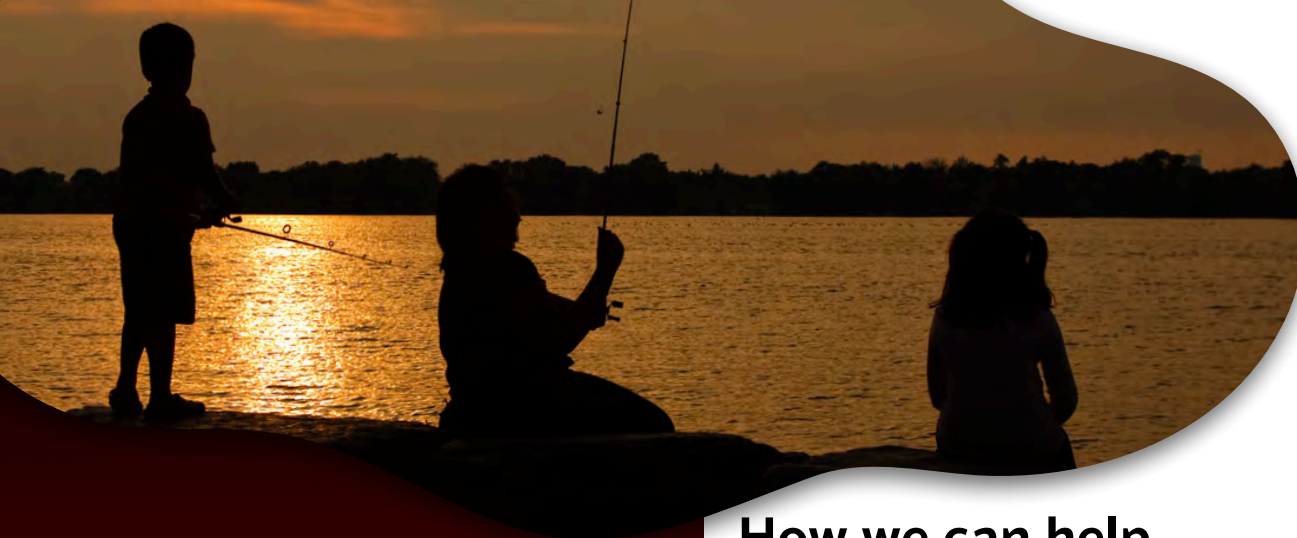


705-844-2021

Occupational Therapy Services

Helping to restore ability, activity and improving daily living





Depending on your needs, Occupational Therapists may check:

- Your strength, coordination, and balance.
- How you move around your home and community.
- Your memory, organization, and coping strategies.
- The impact of mental health issues including addictions on your daily activities.
- What tools you use to participate in daily activities (for example, railings, grab bars, utensils, clothes).
- The supports you use for your mental wellness.
- The setup of your home and community.

How we can help

Occupational Therapists can help you to:

- **Return home safely** after being in the hospital.
- **Apply for funding** for home renovations like putting in a ramp or walk-in shower.
- **Apply for funding** for equipment like wheelchairs, walkers or bath chairs.
- Learn ways to **prevent falls**.
- Improve your **thinking and memory**.
- **Stay independent** with your daily activities like cooking, cleaning, bathing.
- **Connect** with other healthcare workers.
- Participate in **cultural activities** and **traditional medicine practices**.

And so much more!

You might see an Occupational Therapist if you are:

- Struggling with daily tasks like eating, bathing, dressing.
- In need of an assistive device such as a cane, walker, wheelchair.
- Noticing changes with your thinking and memory.
- Unable to work or be involved in your community.
- Experiencing falls or have almost fallen.
- In need help moving around or getting in and out of your home.

Occupational Therapists can support you!

