

Occupational Therapy

How we can help

If you or a loved one is finding it more challenging to manage daily activities such as bathing, dressing, preparing meals, or using a walker or wheelchair, meeting with an Occupational Therapist will likely help to support your independence and safety at home.

Sometimes installing a grab-bar in the shower, using assistive devices, as well as developing strategies and new skills can help you to avoid a dangerous fall and maintain your independence. An Occupational Therapist can assess your abilities in relation to your daily activities and home environment and work with you to develop a plan to help you live independently at home for as long as possible.

What you can expect

If you are in agreement with your Coordinator's suggestion that you could benefit from occupational therapy, an Occupational Therapist will meet with you to understand your goals and abilities and work with you to develop a personalized plan to support your independence and safety.

Occupational Therapists will also teach family members and caregivers how to do certain tasks that will help support you at home. They will also identify other resources and support services in the community.

We will provide the necessary equipment for short periods of time (usually less than 30 days), and, if you are eligible, your Occupational Therapist will assist with applications for specific equipment under the Ministry of Health and Long-Term Care's Assistive Devices Program and other programs.

Occupational therapy is typically a short-term service.



Am I eligible?

You must be a resident of Ontario with a valid Ontario Health Card.

Contact Information

If you have any questions regarding this service, please contact: **310-2222** • ontariohealthathome.ca