

Occupational Therapy (also known as OT) is an allied health profession that focuses on teaching people the skills they need to be independent in their activities for everyday living. OT applies a holistic approach, treating the person not the diagnosis, in hopes that clients can live life to the fullest.

Occupational Therapy is concerned with promoting health and well being through occupation. The term "occupation" means "activity." Occupational



Therapists achieve this outcome by enabling people to do things that will enhance their ability to participate or by modifying the environment to better support participation.

Occupational Therapy serves the physical, mental, emotional, and social needs of people with all different types of illnesses, injuries and disabilities in a wide variety of settings. The practice of Occupational

Therapy can greatly vary according to the setting and clientele.

The main benefit and goal of Occupational Therapy is the mastery of skills that help clients develop, recover, or maintain daily living skills. The goal of an Occupational Therapist is to help individuals have independent, productive and satisfying lives.

Occupational Therapists target desired outcomes and determine the services, supports, and modifications or accommodations needed to achieve those outcomes.

Sara's Garden serves children and adults of all ages who, for whatever reason, may be facing challenges carrying out their activities of daily living. These activities are commonly categorized under the following areas:

- Self-care
- Productivity (i.e. school or work)
- Leisure and play
- Rest and sleep

Barriers to participation in these areas of life may be due to physical or cognitive challenges, developmental delay, aging, injuries or surgery, and social and emotional issues. In these activities or areas of occupation, Occupational Therapy can assist to address issues at school, home or work which may be impacting someone's day to day function.



Occupational Therapy sessions at Sara's Garden are fun and engaging, using modern and interactive play and therapy equipment. Our goal is to collaborate with families and teachers to better serve the needs of you and/or your child.

### OT at Sara's Garden

At Sara's Garden, we offer an individualized approach to assessing a client's functional capacity and customizing interventions to achieve family-centered goals. This is achieved through supporting a person to learn new skills, modifying a task or activity and/or making changes to one's environment, to enhance their level of functioning and safety and achieve even greater independence.

We follow the following Occupational Therapy process method:

- Referral
- Information gathering
- Initial assessment
- Needs identification/problem formation
- Goal setting
- Action planning
- Action
- Ongoing assessment and revision of action
- Outcome and outcome measurement
- End of intervention or discharge

Through an understanding of the impact of disability, illness and impairment on the way a client develops, plays and learns new skills, Occupational Therapists improve a client's ability to participate in daily life. Since each client is unique, the goals and outcomes of the therapy treatment plan will be specific to that client and his or her needs.

This means that the therapy is ongoing until the client attains the necessary skills. Once skills are mastered in one area, say self-care, the therapy will focus on other skills that are needed to be functional in the community. The nature of the therapy depends on the client's disability, how quickly he or she learns new skills and the goals of the family.

*"I am so amazed by the Occupational Therapy services I receive at Sara's Garden. The techniques that are used are so effective. I am able to do far more than I have ever done before. I've never been to a facility before and received as much care and effort from the staff as I have received here! Thank you!"*

