COMMUNITY BASED OCCUPATIONAL THERAPY

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What is Occupation?

- Activities in which people are engaged to support their roles.
- Engagement in activities, tasks and roles for the purpose of productive pursuit;
- Maintaining oneself in the environment; and purposes of relaxation, entertainment, work, creativity, and celebration
OCCUPATIONAL THERAPISTS HELP

- People in the community with disabilities as they typically require some intervention in the:
  - Person/Environment Fit
  - Limitations in Activities of Daily Living
  - Occupational Performance of Meaningful Activities
COMMUNITY BASED SERVICES

• More comprehensive than rehabilitation; includes a broad range of health-related services such as prevention and health promotion; acute and chronic medical care; habilitation and rehabilitation.

• Direct and indirect service provision; an orientation to collective health needs in homes, workplaces, and community agencies; goal is for client and practitioner to become integral parts of the community.
COMMUNITY COALITIONS

- Partnerships and coalitions bring together members of various organizations and constituencies in the community to work together for a common purpose.
- Healthcare organizations
- Government agencies
- Neighborhood alliances
- Advocacy groups
THE COMMUNITY OCCUPATIONAL THERAPY SERVICE

• Services provide help for people of all ages who experience difficulty coping with everyday activities due to disability, illness, and/or the aging process.

• GOAL of Occupational Therapy is to provide a comprehensive service to enable people to remain as independent as possible within the community.
OT & COMMUNITY LEVEL INTERVENTIONS

• View the community as the client
• Assess the following variables
  • Demographic information about community
  • Risk factors and health behaviors
  • Health knowledge, attitudes, and beliefs
  • Cultural habits, preferences, and sensitivities
  • Environmental barriers
  • Availability of social support and health related services
  • Effective motivators for change
Help people improve their ability to perform tasks in their daily living and working environments.

Work with individuals who have conditions that are mentally, physically, developmentally, or emotionally disabling.

Help people develop, recover, or maintain daily living and work skills.

Help clients improve basic motor functions and reasoning abilities and compensate for permanent loss of function.
ULTIMATE GOAL

• Help clients have independent, productive, and satisfying lives within the community.

• OTs focus on assisting people in engaging in daily life activities that they find meaningful and purposeful.

• OTs understand the use of occupation to affect human performance and improve the effects of disease and disability.
ACTIVITIES OF OCCUPATIONAL THERAPIST

Teach and facilitate skills in:

• Cognition (problem solving)
• Self awareness
• Independent living using community resources, home management, time management, and safety in the home and community
• Interpersonal and social skills
• Activities of daily living (self care, hygiene)
• Role development (e.g.; parenting, employee)
• Wellness
• Self sufficiency and interdependency
OCCUPATIONAL THERAPY SERVICES

• Adapting the environment at home, work, and school to promote an individual’s optimal functioning
• Functional evaluation and ongoing monitoring of clients to ensure their needs are met
• Goal setting and rehabilitation plan development with client
• Providing guidance and consultation to persons and caregivers.
OCCUPATIONAL THERAPIST PROVIDE

• Treatment: designed to improve skills in self-care and productivity and to promote independence
• Assistive Technology: includes assessment for equipment needs, including mobility aids/wheelchairs, and assessments to determine the need for home modifications
• Maintenance: assessment of client/caregiver’s need for ongoing support.
• Community services include a broad set of health, personal care, and supportive services that meet the needs of people of all ages whose capacity for the activities of daily living (ADLs) are limited because of physical or mental disorders. OT services can be provided in a variety of settings, including home, community centers, and group homes. The goal of OT services is to help people with physical disabilities, mental disabilities, or both, increase their independence in ADLs and community living skills, and to prevent functional deterioration by enabling them to participate in meaningful, everyday activities.
The following are the primary components of community-based OT services:

1. **Restorative care & ADL assessments** to promote a client’s ability to function to their full potential, thereby increasing their independence and self-esteem. Specific training includes BADLs, IADLs, and leisure activities, visual perception, hand function, communication, interpersonal skill, range of motion, muscle strength, balance training, cognitive retraining, habit training, life-style reconstruction, and evaluating and fabricating splints;
HOW CAN I HELP?

2) Compensatory approaches
- strategies include adaptive equipment services with need assessment, prescription and education on proper use, and environmental modifications;

3) Educational approaches
- teaching clients and caregivers about skills important for client safety, participation, dignity, and independence. The increase in independence usually reduces the burden of personal care and costs of health and welfare services, and improves the client’s quality of life.
MAKING A REFERRAL

• If an individual has demonstrated a change in functional status and independence, or they have sustained an injury or any loss of function, please make a referral.

• Contact Service Coordination or

• Dr. Casey Nelson at casey.nelson@dc.gov or

• Contact me directly at cynthia.lambert2@dc.gov or 202.527.2306
THANK YOU

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