

How can I access OT?

1. Anyone can see an OT!
2. Find out if your extended health benefits plan includes coverage for Occupational therapy. If OT is not covered... ASK FOR IT!!

(Sample letter templates at: <http://www.msot.mb.ca/finding-ot-services/>).

****Ask your doctor for a prescription if your private insurance requires one.****

If you are receiving long term disability income from an insurance program, your program may cover OT services.

3. You may see an OT without insurance or a doctors prescription. Find a private practice OT in Manitoba:
www.msot.mb.ca/finding-ot-services/.
4. Many OT's also work in publicly funded settings which you may be able to access, such as:
 - ◆ Schools
 - ◆ Children's Therapy Initiative (CTI)
 - ◆ Specialized Services for Children & Youth (SSCY)
 - ◆ Rehabilitation Centre for Children (RCC)
 - ◆ Regional Health Authority
 - ◆ Workers Compensation
 - ◆ Manitoba Public Insurance (MPI)
 - ◆ Department of Veteran Affairs
 - ◆ Community Therapy Services (CTS)
 - ◆ Home Care
 - ◆ Personal Care homes
 - ◆ Hospitals
 - ◆ Handi-Transit
 - ◆ Primary Care Clinics
 - ◆ Community Agencies

An OT can help you...

Manage at Home

- * with skills such as dressing or bathing, meal preparation, homemaking, or coping with a busy family schedule.

Succeed at School

- * help students develop social skills, handwriting, fine motor, self-regulation & organizational skills. Work with teachers, make changes to the school environment, and introduce assistive technology to make school a better place for learning.

Adapt at Work

- * support going back to work after an illness or injury, or work with you or your employer to create a healthier workplace.

Participate in the Community

- * address accessibility and mobility concerns.
- * support people with mental illness to cope with life at home and in the community.

Recover in Hospital/Clinic

- * provide rehabilitation as part of a healthcare team and prepare you for the move from hospital to home, so you can look after yourself and do the things you usually do each day.

***Live your life to the fullest
with Occupational Therapy!***

Manitoba Society of Occupational Therapists

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Understanding Occupational Therapy

***Occupational Therapy (OT)
is a health profession that
empowers people of all
ages to overcome
challenges in their
everyday lives so they can
do more and live better.***

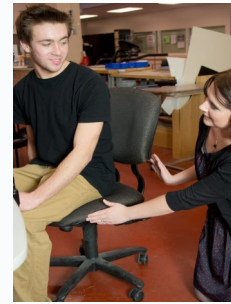


What is Occupational Therapy?

Occupational Therapy (OT) is a health profession that helps people of all ages overcome challenges in their everyday lives so they can **do more and live better.**

Your abilities may not be what you want them to be due to injury, illness, learning difficulties, developmental delays, mental health issues, changes associated with aging, other health factors, or for reasons you may not even know – it's just tough!

People experience life to the fullest when they are able to do things they enjoy doing everyday—in school, at work, at home or out in their communities. When people experience difficulty doing daily activities it can lead to frustration, disappointment or discontentment. **If you feel you or a person you know is not able to live their life to the fullest, an OT may be able to help!**



How can an OT help?

OT is a health profession that can help a person develop the skills needed for day-to-day activities that are difficult.

Together, you and your **OT** will find solutions that will support you to:

- ◇ **Develop new skills**
When illness, disability, learning problems or other issues interfere with normal skill development
- ◇ **Regain skills**
After an illness or injury so you can go back to your usual activities at home, work, school or in the community
- ◇ **Maintain function**
So you can continue to live independently or with minimal supports in your home and prevent injuries and complications, or help find the supports you need!
- ◇ **Do as much as you can safely do for yourself!**

What does an OT do?

Occupational Therapists use a number of approaches to meet your needs, including:

- ◆ **Assess** areas of difficulties (including physical/motor, cognitive, sensory).
- ◆ **Intervention programs** for physical, cognitive, behavioural, or mental health challenges.
- ◆ **Adapt** and introduce new ways to do things.
- ◆ **Modify or change your environment** with accessible design and ergonomic solutions.
- ◆ **Prescribe** assistive devices.
- ◆ **Consult** with families or caregivers.
- ◆ **Connect** you with community supports, services and resources that may be available to you.

OTs help people identify and use their strengths and resources to overcome barriers that prevent them from doing the activities they need or want to do and that give purpose to their lives.