

Occupational Therapy & You



We're Team You!

Living your best life means doing the daily things that are important to you, like driving, volunteering, gardening, or walking in the park. If it's important to you, it's important to us! We're on the journey with you to fit together all the puzzle pieces of your life!

Asking the right questions & paying attention

We ask you about your goals and what makes you happy and feeling your best. This helps us consider the whole person to focus on the big puzzle—your quality of life. **You are a part of the team, and we partner with you, listen to you, and pay attention to you!**



Working together

We work with your doctor, family members, and support system to make sure you are given the tools you need for the best possible care. **We're in places that you need us**—schools, hospitals, homes, communities, nursing home facilities, and private practices.

Bridging health & wellness

We take a big picture view of how you see, move, and think! These are the puzzle pieces that affect your ability to do the things you want to do every day. We are there for you when changes in your health and daily routines happen, and we help you respond to those changes with a plan that's right for you.



Putting a plan into action

We focus on what matters to you and we follow your lead. We make you the priority because we want you to keep doing the things that matter most. **We are there to aid you in picking up the pieces when health or life events challenge you.** We work together to get you back to your day-to-day life!

Focusing on you

We don't just focus on disease or illness; we look at you—the whole person—at every stage of your life. **You are a one-of-a-kind and that's the way occupational therapy will treat you!**

