Occupational therapy can:

- Enable people with dementia to participate in daily activities, and improve the quality of life of their caregivers.¹
- Decrease depression and enhance overall health and well-being among older adults.²
- Evaluate older drivers for safety and provide rehabilitation or adaptive devices, or recommend other transportation services as needed.
- Work with employers to help older workers stay on the job through adaptations for physical or cognitive disabilities.
- Minimize the risk of falling by assisting older adults with balance, posture, and safety techniques while providing emotional support and encouragement.
- Provide assessment and training in the use of adaptive equipment such as artificial limbs, visual aids, and wheelchairs.
- Provide rehabilitation to resume function after stroke, surgery, or other medical incident.
- Help older adults stay in their homes through environmental modifications and other supports.

Help your older patients live life to its fullest by referring them to occupational therapy.