

# OCCUPATIONAL THERAPY SERVICES FOR ADULTS

at Family Resource Associates



## WHAT IS OT?

OT is an evidence-based practice that helps individuals across the lifespan to do the things they *want* and *need* to do. OT practitioners enable individuals of all ages to live life to its fullest by helping to promote health, and prevent—or maximize independence to live optimally with—injury, illness, or disAbility.

*-Modified from the American OT Association*

## INDIVIDUAL SERVICES

Individuals can receive OT evaluations to develop client-centered goals with customized intervention plans including, but not limited to, the following areas:

- Independent living skills (i.e., money management, grocery shopping, self care)
- Home or activity modifications
- Stress management
- Thinking skills
- Strengthening and endurance
- Coordination & balance



## GROUP SERVICES

Groups will be developed based on client and community needs. Groups may include, but are not limited to, the following topics:

- Community mobility
- Social skills
- Time management & organization
- Healthy habits & routines
- Therapeutic meal prep
- Self advocacy
- Leisure exploration
- Sensory

***& much more based on client & community needs!***

Please call 732-747-5310 for more details.