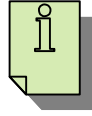


# St. Bernadette's Occupational Therapy Centre



## What is Occupational Therapy?

### Occupational Therapy

Occupational therapy focuses on enabling people to do the activities of daily life. The very word "occupation" - means an activity, which "occupies" our time. A child in school has the occupation of learning. An adult may need to learn how to write after a traumatic injury. A senior may want to continue driving safely in order to stay active in their community. All of these things are occupations and participating in them is vital to maintaining overall health and wellness.

### Occupational Therapy at St. Bernadette's

Therapy for adults with learning disabilities involves assessing their needs to develop maximum independence and wellbeing. In addition, it helps people to access physical, social and learning environments.

Sessions that are provided at the center range from mental well-being groups to cooking groups. Depending on the individual needs of each service user, therapy aims to:

- Develop and maintain co-ordination and fine motor skills: handwriting skills and general hand function, for practical tasks
- Provide strategies to manage perceptual skills
- Improve sensory processing skills: posture, balance, range of motion, sensory integration
- Advise on techniques to improve self-care skills, e.g. eating, dressing etc.
- Develop vocational skills
- Provide psychological strategies for mental well-being
- Educate on social skills
- Work to help integrate assistive technology
- Provide specialist equipment

### What is our goal?

Our main goal is to work as a team to help people gain the skills they need to function successfully in the centre and to retain these skills to help them in all areas of life!