

Occupational Therapy is a Health and Rehabilitation profession. Its practitioners provide services to individuals of all ages who have physical, developmental, emotional and social deficits and, because of these conditions, need specialized assistance in learning skills to enable them to lead Independent, productive and satisfying lives.

When a patient is referred for treatment, the Occupational Therapist assesses and analyses the individual's personal goals and the demands of his or her environment are reviewed and become the basis for the individualized treatment programme. There is also frequent reassessment.

Treatment objectives are identified & coordinated with the patient, family members and appropriate community resources to assure maximum independence, productivity and satisfaction.

Occupational Therapists Are Skilled Professionals

The Occupational Therapist must be a graduate of one of the four year Baccalaureate, Masters or Doctoral degree programme accredited by the World Federation of Occupational Therapists (WFOT). They must have completed six to nine months of supervised clinical field work experience. Practitioners are registered in Jamaica by the Council for Professions Supplementary to Medicine (CPSM).

Where Are Occupational Therapy Services Available?

Paediatric Services

McCam Child Development Centre
876-977-0189
E: mccam@cwjamaica.com

Therapy Plus 876-946-9083
W: www.therapypluslisaja.com
E: therapypluslisa@gmail.com

Adult Physical Dysfunction

The OT Clinic 876-630-5546
At St Joseph's Hospital
W: theotclinicja.com
E: info@theotclinicja.com

www.occupationaltherapyjamaica.com

Is There a
PROFESSIONAL
Missing From Your
Patient's Health
Care Team ?



P.O. Box 8677
CSO
Kingston, Jamaica Tel.: 876-946-9083
879-9770189

Web. www.occupationaltherapyjamaica.com

The answer may be **YES** if you are not currently referring patients to an **Occupational Therapist** for evaluation and treatment.

Occupational therapy referral is indicated for **Infants and Children** with problems and diagnoses such as:

Multiple handicapping conditions including cerebral palsy, muscular dystrophy.; **developmental disabilities** including mental retardation, spina bifida and congenital anomalies; **paediatric collagen diseases**, including juvenile rheumatoid arthritis; **neonatalogical conditions**, including high risk infants; **learning disabilities**, including dyslexia, delayed motor development and scholastic underachievement; **emotional disturbances**, behavioural problems, autism and phobic behaviours. Early occupational therapy intervention can:

- Facilitate normal development and stimulate early learning;
- Decrease the effect of pathology through neuro-developmental and perceptual motor treatment;
- Improve motor development, self concept, emotional maturation, perceptual & cognitive processes and communication;
- Promote independence in essential life skills pertaining to self care mobility and social adjustment.

Occupational therapy referral is indicated for **Adults** with problems and diagnoses such as:

Arthritic conditions; debilitating disease, including heart disease, cancer, cerebral vascular accident and Parkinson's disease; **Occupational injuries, amputations, hand trauma, and burns; vascular disease**, including myocardial infarction, amyotrophic lateral sclerosis and peripheral vascular diseases; **neurological dysfunction**, including brain tumors, multiple sclerosis and neuropathy.

Occupational therapy intervention for patients with these and other related problems and diagnoses can:

- Increase function through the use of therapeutic exercise, activity and instruction in the use of prescribed orthotic & prosthetic devices;
- Aid in maintaining and improving endurance through energy conservation and work simplification techniques;
- Maintain and increase joint mobility & muscle strength;
- Increase independence in activities of daily living and related self-care skills;
- Provide objective assessment of cognitive function pertaining to life management skills;
- Prescribe appropriate adaptive equipment or assistive devices to maintain or increase functional independence;
- Provide assessment of the living environment and recommend adaptation to eliminate architectural barriers;
- Provide ergonomic assessments.
- Conduct work hardening training and functional capacity evaluations

Occupational therapists in **Mental Health** offer service to foster independence through daily living skills activities, vocational guidance, rehabilitation, behavioural & stress management, adaptive techniques and other coping skills.

Services are to persons (adults & children) diagnosed with a psychotic or neurotic disorder, substance abuse, serious emotional disturbance, psychosocial illness and the homeless.

Occupational Therapy services are cost effective.

Prompt and appropriate treatment can often:

- Contribute to a significant decrease in length of hospital stay;
- Reduce the need for institutionalization;
- Reduce workmen's compensation payments by prompting early return to employment;
- Reduce the amount of care and services required after discharge
- Prevent complications and further disability