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FOR IMMEDIATE RELEASE

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Occupational Therapy: The Profession that Focuses on Life Skills

For millions of people, the service of occupational therapy is a lifeline. People of all ages receive it to help them participate in the activities of their daily life. Sometimes people need occupational therapy to do things we take for granted, like getting dressed, being productive at school or work, eating unassisted, even socializing. Cottage Hospital is pleased to have been able to provide professional Occupational Therapy services to our community since 1996.

Occupational therapy doesn't just treat medical conditions, it helps people stay engaged in the activities that give them pleasure or a sense of purpose, despite challenges. Occupational therapists at Cottage Hospital do this by helping people surmount their disabilities or medical conditions to do everyday things. The nature of the therapy depends on the individual and their environment; occupational therapists consider the whole person when developing a therapy plan. The occupational therapists at Cottage Hospital collaborate with physicians and other professionals to ensure a comprehensive, interdisciplinary approach to achieve quality outcomes based on best practices.

Occupational therapy is "outcome-oriented," which means therapists help clients work toward achievable performance goals. In rehabilitation clinics or hospitals, occupational therapists and occupational therapy assistants help adults learn or regain skills that allow them to do meaningful things like working, shopping, even preparing a meal. All types of people need this kind of help everyday, from a worker injured on the job to a grandparent recovering from surgery or a stroke. Therapists at Cottage Hospital focus on the needs of the patient, developing personalized care plans to suit each individual that will optimize outcomes.

Occupational therapy helps avoid health problems, and makes it easier to live with them. Consider our growing senior population: Healthier people are living longer lives. Occupational therapy research proves that keeping people active and healthy as they age will improve their quality of life as well as lower their health care costs. Cottage Hospital therapists can offer recommendations to make homes safer for people with reduced mobility and failing vision.

In recognition of all the ways occupational therapy contributes to society's well-being, April has been designated as Occupational Therapy Month. To find out more about occupational therapy and how it might help you, visit the American Occupational

Therapy Association's Web site, www.aota.org or call and speak directly to an occupational therapist on staff at Cottage Hospital: 603-747-9212.

Cottage Hospital is a 25 bed, critical access hospital serving the beautiful Upper Connecticut River Valley. For additional information regarding Cottage Hospital and any of our services visit us on the web at www.cottagehospital.org .

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