



**Support**

- Contenance
- Energy conservation
- Mental wellness
- Sleep hygiene techniques
- Post-concussion education
- Patient independence + safety

**Strategize**



- **Activities of Daily Living (ADLs):** hygiene, dressing, toileting and feeding (IADLs —Instrumental Activities): medications, meals, money, transportation, housekeeping
- Fall history + prevention
- Skin health



**Conduct**

- Cognitive assessment: formal + informal
- Home safety assessments
- **Care planning:** private vs. public supports, Richmond Home Health referrals
- **Advance care planning:** *My Voice: Advanced Care Planning Guide* facilitation



**Connect with**

- Family or caregivers, with your consent

# PCN Occupational Therapists

work alongside your Richmond family physician or nurse practitioner to help you overcome challenges performing everyday activities

**Apply**



- Patient-centred holistic care for mild to moderate physical and mental challenges



**Refer to/ Work with**

- Your Family Physician (FP) or Nurse Practitioner (NP)
- The Specialist Physician involved in your care
- **Other members of the PCN Team, including:** Chronic Disease Management Nurse, Clinical Counsellor, Clinical Pharmacist, Dietitian, Physiotherapist, Social Worker
- Other community resources

**Complete**



- Forms, applications, and referrals for access to equipment, services, and benefits

## How can I get an appointment?

Discuss your needs for an Occupational Therapist with your family physician or nurse practitioner.

Some services may be available in languages other than English.

### Eligibility

- ✓ Must be a Richmond resident or a patient of a Richmond physician or nurse practitioner

### Limitations

- × Patients not attached for ongoing care to the Richmond FP or NP making the referral
- × Patients without BC Medical Services Plan (MSP) coverage
- × Patients with an active insurance claim\* related to the referral  
\*ICBC, WorkSafe, third party insurance



[divisionsbc.ca/richmond/for-patients/pcn](https://divisionsbc.ca/richmond/for-patients/pcn)

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