

What The Primary Care Occupational Therapist Can Offer:

DID YOU KNOW...

An “occupation” is anything a person does that *occupies* their time.

OTs are dynamically educated, skilled, and regulated professionals able to consider **how psychological states, cognitive capacity, motor skills, environment, communication abilities, habits and motivations, and readiness for change intersect with a person’s health challenges** to contribute to their recovery, health maintenance, and transition through life’s changes.

REFER to the Occupational Therapist for...

Interventions aimed at improving or maintaining occupational performance or participation (**FUNCTION**) in the following areas:

- Physical abilities, like strength, balance, and coordination
- Functional management of health conditions
- Mental abilities, like memory, coping strategies, and organizational skills
- Materials and devices used to participate in occupations, like furniture, utensils, tools, or clothes
- The accessibility of a home, classroom, workplace, or other setting
- Routines and habits that are affected by, and could themselves impact, functional health and well-being
- Motivations and readiness to change related to functional health and well-being
- Caregiver knowledge, skills, and abilities
- Proactive approaches to functional health and well-being
- End-of-life occupational participation
- Group interventions, and community trainings
- Functional health and well-being consultations

How can an OT
help my clients?



How does an OT interact with other professions?

When sharing a client, OTs work with others in a complementary way focusing their care on **FUNCTIONAL** occupational participation.

An OT will also consider **identity, roles, preferences, values, beliefs, culture, lived experience, and similar personal factors** when developing a care plan.

What INTERVENTIONS & related ASSESSMENTS can the OT Perform?

Sensory-based interventions to support **nervous system regulation** and **re-education**

→ Often used to address *trauma, anxiety, depression, behaviors related to acquired brain injury*

Sensory re-education and diets Trauma-informed weight-lifting Yoga Nature-based

Neuromotor re-education

Bimanual training Neuroplasticity training Balance & coordination

Cognitive training/Management of neurocognitive decline *supporting patient and caregiver*

Spaced retrieval training COPE-based caregiver training Task management/organization Symptom management

Gentle manual manipulation & therapeutic exercise for biomechanical, nerve impingement, and chronic pain concerns

Myofascial, active, trigger point releases Nerve glides Gentle joint mobilization

Functional modifications & supports

Biomechanical Sensory deficits Adaptive aides DME/WC

Home, work, school safety & accessibility

Occupational participation Fall, wound, and infection risk reduction

Not sure? Not listed?

Just ask!

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To make a referral

- 1.) Be a GP, NP, or Healthcare Professional
- 2.) Fax the PCN referral form or consult note to the PCN hub at 844-961-3410