

Can an Occupational Therapist be of Assistance to You?

Complete this questionnaire to find out.

Occupational therapists help people solve problems they are having with their ability to do everyday tasks. Are you concerned about your ability to manage regular daily activities that you need to do?

The following two questions may help you to think about your situation:

What are Some of the Ways You Spend Your Time?

Think about a typical day... What activities do you do at home, work, or school in your role as a mother, an employee, a swimmer, or an artist? Where do you spend your time and energy? Some of these tasks might include:

Self-Care activities

- Caring for your health, dressing, bathing, eating
- Moving around the house, getting up and down stairs, getting in and out of the bathtub
- Getting around town, shopping, taking care of bills and money, using public transportation

Work activities

- Working, volunteering, going to school
- Taking care of your home, cooking, cleaning
- Taking care of others

Leisure activities

- Having quiet time, being creative, relaxing
- Spending time with other people, visiting, calling on friends and family
- Being active, having fun, playing sports, traveling

What Activities are of Concern to You?

Are there some things that you would like to do more independently, safely, quickly, or effortlessly? Which of these activities are most important to you? Note them here in your own words...

If you have identified an activity that is difficult to do, an occupational therapist can visit you (at your home) where you can work together to find a solution to the problem.

Make a Request...

By calling your local Health Unit, you can request a “home visit” from an occupational therapist who works in the community (a doctor’s referral is not required). The Medical Services Plan of BC covers the cost of services provided; you will not be charged for such services if you have MSP coverage.

Health Unit: _____ Contact information: _____

OR: If you have a claim with ICBC or WorkSafeBC, contact your claim coordinator to request a follow-up visit by an occupational therapist.

If the occupational therapist (or the health care staff/claim coordinator) has questions about your request, please ask him/her to contact the occupational therapist that saw you while you were in the hospital.

Occupational Therapist: _____ Contact information: _____

For more copies, go online at <http://vch.eduhealth.ca>
or email pchem@vch.ca and quote Catalogue No. **JC.614.C16**
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