

THERAPEUTIC THERAPIES FOR ADULTS



OCCUPATIONAL THERAPY

Occupational Therapy is an evidence-based practice that helps individuals across the lifespan to do the things they want and need to do. OT practitioners enable individuals of all ages to live life to its fullest by helping to promote health, and prevent—or maximize independence to live optimally with—injury, illness, or disAbility.

These are some of the skills that can be gained through working with our practitioners.

- Independent living skills (i.e., money management, grocery shopping, self care)
- Home or activity modifications
- Stress management
- Thinking skills
- Strengthening and
- Coordination & balance Individuals
- Travel training

And much more based specifically on client needs!



SPEECH THERAPY

Speech Therapy helps adults with communicative needs learn techniques to improve interactions with others. The skills learned through speech therapy can be applied to each person's repertoire to improve communication at home, on the job, and in the community.

These are some of the skills addressed by our practitioners:

- Verbal expression (speaking) & auditory comprehension/ processing (understanding speech)
- Speech articulation
- Voice
- Stuttering
- Pragmatics (understanding the non-literal aspects of speech/inferencing based on the context of conversation)
- Functional communication in the community
- Job related communication skills

FOR MORE INFORMATION
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