



What is OT, PT, and SLP?

WHAT IS OCCUPATIONAL THERAPY?

Occupational therapists help people of all ages regain the skills necessary to perform daily activities often associated with occupations.

Common occupational therapy interventions include helping people recovering from injury to regain skills and providing support for older adults experiencing physical and cognitive changes. Occupational therapy services typically include:

- An individualized evaluation, during which the client/family and occupational therapist determine the person's goals
- Customized intervention to improve the person's ability to perform daily activities and reach the goals
- An outcomes evaluation to ensure that the goals are being met and/or make changes to the intervention plan.

Occupational therapy practitioners take a holistic perspective, in which the focus is on adapting the environment and/or task to fit the person, who is also an integral part of the therapy team. It is an evidence-based practice deeply rooted in science.

WHAT IS PHYSICAL THERAPY?

Physical therapists (PTs) are movement experts who optimize quality of life through prescribed exercise, hands-on care and patient education.

Physical therapists teach patients how to prevent or manage their condition so that they achieve long-term health benefits. PTs examine each individual and develop a plan, using treatment techniques to promote the ability to move, reduce pain, restore function and prevent disability. In addition, PTs work with individuals to prevent the loss of mobility before it occurs by developing fitness- and wellness-oriented programs for healthier and more active lifestyles.

WHAT IS SPEECH-LANGUAGE PATHOLOGY?

Speech-language pathologists (SLPs) work to prevent, assess, diagnose and treat speech, language, social communication, cognitive-communication and swallowing disorders.

Speech disorders occur when a person has difficulty producing sounds correctly or fluently or has problems with his or her voice or resonance.

Language disorders occur when a person has trouble understanding others (receptive language), or sharing thoughts, ideas and feelings (expressive language). Language disorders may be spoken or written and may involve the form (phonology, morphology, syntax), content (semantics), and/or use (pragmatics) of language in functional and socially appropriate ways.

Social communication disorders occur when a person has trouble with verbal and nonverbal communication. These disorders may include problems (a) communicating for social purposes (e.g., greeting, commenting, asking questions), (b) talking in different ways to suit the listener and setting, and (c) following rules for conversation and storytelling.

Cognitive communication disorders include problems organizing thoughts, paying attention, remembering, planning and/or problem-solving.

Swallowing disorders (dysphagia) are feeding and swallowing difficulties, which may follow an illness, surgery, stroke or injury.



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