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HOW OCCUPATIONAL THERAPISTS CAN HELP PEOPLE WITH COPD

Occupational Therapists (OT's) assess how COPD affects your ability to be independent in your activities of daily living. They are dual trained in both physical and mental health. They look at the important occupations (self-care, work and leisure) you need and want to do every day and help you stay engaged in these activities. Treatments may include:

- Education on daily activity management including energy conservation techniques
- Advice on adaptive equipment that may help you, for example long handled aids for shoes and socks
- Home environment assessment for advice on necessary adaptations, for example rails or a seat in the shower
- Stress and anxiety management education including teaching relaxation techniques
- Occupational Therapists may be a member of the multidisciplinary team in Pulmonary Rehabilitation

TIP:

The aim is to work smarter not harder! Work with your Occupational Therapist to identify how you can use the energy you have to its best effect.

RESOURCE:

Pulmonary Rehab
Education Videos – COPD

www.copd.ie

