

Occupational Therapy



Meet Liu

Our Occupational
Therapist

What is occupational therapy? Occupational therapists (OT's) help you to solve problems or deal with factors that could be inhibiting you from completing daily tasks such as self-care, work, family time and more. OT's are educated health care professionals, well-versed in medical, physical and psychosocial factors that affect an individual living with a disability or injury. They work with people of all ages to help them overcome potential barriers allowing them to participate in daily activities. Our occupational therapist, Liu is a registered authorizer for mobility devices with the Assistive Devices Program (ADP) at the Ministry of Health and Long-Term Care. This means that she is able to prescribe devices such as walkers and similar mobility aid devices to assist you with everyday life.

On average, individuals that are eligible for the ADP only pay 25% of the cost of the devices that they require. The government covers the remaining 75%. However, there is the possibility that the government may cover 100% of the cost of your mobility aid if you are eligible for the Ontario Disability Support Program (ODSP). Occupational therapy is a crucial part of the health care system as it supports and improves the long-term health, quality of life and ability for people to live long healthy lives. If you or someone you know could benefit from occupational therapy, please call, text or email us. We are here for you and want to help you and your loved ones live your best happy and healthy life.

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**Have a happy and safe July and
Happy Canada Day!**

**Reach out if there is anything we can do to help
you achieve your health and wellness goals this
month and always.**

**Don't forget your free virtual discovery session with one of our Physios to
see how we could help you.**