What Is Occupational Therapy?

Occupational therapy practitioners ask, "What matters to you?" not, "What's the matter with you?"
In its simplest terms, occupational therapists and occupational therapy assistants help people across the lifespan participate in the things they want and need to do through the therapeutic use of everyday activities (occupations). Common occupational therapy interventions include helping children with disabilities to participate fully in school and social situations, helping people recovering from injury to regain skills, and providing supports 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 services may include comprehensive evaluations of the client’s home and other environments (e.g., workplace, school), recommendations for adaptive equipment and training in its use, and guidance and education for family members and caregivers. Occupational therapy practitioners have a holistic perspective, in which the focus is on adapting the environment to fit the person, and the person is an integral part of the therapy team.

Are You Caring for Aging Parents?

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<thead>
<tr>
<th>If you want to:</th>
<th>Consider these activity tips:</th>
<th>An occupational therapy practitioner offers expertise to:</th>
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<tbody>
<tr>
<td>Determine whether your parent is safe living at home</td>
<td>Ideally, talk about arrangements before safety becomes an issue. Having difficulty doesn’t necessarily mean having to leave one’s home. Watch for clues that daily living is becoming difficult</td>
<td>Provide an evaluation in your parent’s home to assess skills, abilities and safety...and then make recommendations. An OT will also evaluate your parent’s ability to get around the community and provide suggestions, if needed</td>
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<td>Provide assistance to your parent without being too intrusive</td>
<td>Focus on your concerns and not your parent’s possible deficits. Introduce small modifications as gifts or services when you notice a need. Emphasize that helping your parent is not a chore, but that you are happy to assist</td>
<td>Suggest ways to approach this subject while respecting your parent’s autonomy. OT’s can recommend simple to complex modifications for getting around the home and the community, including community groups that may help</td>
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<td>Modify your parent’s home on a limited budget</td>
<td>Explore community based groups, whose volunteers help with repairs and modifications for those who can’t</td>
<td>Suggest low-cost equipment and other changes. Will also provide training on adaptive equipment and address any concerns</td>
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From the AOTA website 2015
Spring is Here! Freshen up your tired skin!

How to Make Lotion Bars (from Wellness Mama)

Homemade lotion bars using coconut oil, shea butter (or cocoa butter or mango butter) and beeswax with essential oils for scent.

**Ingredients**

- 1 part coconut oil, shea butter, cocoa butter or mango butter (or a mix of all three equal to 1 part)
- 1 part beeswax (can add an extra ounce or two if you want a thicker consistency, which leaves less lotion on the skin when used) Optional: Vitamin E oil. I added 1 tsp vitamin E oil for this recipe made with 1 cup of each ingredient)

**Instructions**

1. Combine all ingredients (except essential oils if using) in a double boiler, or a glass bowl over a smaller saucepan with 1 inch of water in it. UPDATE: Combine in a quart size glass mason jar with a lid instead and place this in a small saucepan of water until melted. This will save your bowl and you can just designate this jar for these type of projects and not even need to wash it out.
2. Turn the burner on and bring water to a boil. Stir ingredients constantly until they are melted and smooth:
3. Remove from heat and add the essential oils.
4. Gently stir by hand until essential oils are incorporated.
5. Carefully pour into molds or whatever you will be allowing the lotion bars to harden in. I used these silicone baking cups, though any mold would work.
6. Allow the lotion bars to cool completely before attempting to pop out of molds. These could be made in different shaped molds for different holiday gifts (hearts for valentines, flowers for Mother's day, etc.) or made in a square baking pan and then cut into actual bars.

**Notes:** This recipe can be adjusted to make any quantity that you'd like. I made with 1 part=1 cup so I used 1 cup of coconut oil, 1 cup beeswax and ⅓ cup each of shea butter, cocoa butter and mango butter (though I could have used 1 cup of any of the individual ones). I also added about 50 drops of lavender essential oil. I set them in silicone baking cups though any mold or shape would work. The recipe I used made exactly 12 lotion bars.

Recipe by Wellness Mama at http://wellnessmama.com/4770/lotion-bars/

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Make yourself (or a loved one) some lovely body scrub!

And...Mix coconut oil with your old coffee grinds.
When it solidifies use it as a body scrub!

**Coconut Oil - try it, you'll like it!**

Thank you for the idea, Tracy Balduzzi!
Scheduling Appointments now:
The UC Health & Wellness committee is excited to bring you an opportunity to work with a personal trainer here at the Clark Athletic Center. For the special UC rate of just $15 for 1/2 hour you will be able to set up an appointment with a certified personal trainer to assess you and help design a workout program especially for you. Contact Maggie Matrulli at Maggie_matrulli@yahoo.com and get the details.

Upcoming Events

Thursday, April 16th Trivia Pub Night 5:30-8
Friday, April 17th Chair Massages 10-3
Tuesday, April 21st 1-2 Lunch & Learn Office Ergonomics and Back Pain with Prof Ahmed Radwan

Thursday, May 30th How to Stay Young with Dr. Jonathan Blando, chiropractor
Thursday, May 21st How to Maximize Your Brain Power with Mary Siniscarco, OTR/L

To register or to learn more, visit: http://www.utica.edu/hr/wellness

Get a team together!!
Show off your brainpower, eat pizza/wings
Trivia Pub Night 4/16 5:30

Urgent Care or Hospital ER?
Urgent Care Locations

Did you know that every time you attend a UC Health & Wellness event (class session registrations count as one event) your name goes into a drawing to win a FitBit® Activity Tracker? Winner announced at the Recognition Ceremony
So don’t forget to participate and don’t forget to sign in!
Chair Massage Gift Certificates are available. Contact Caren cbsummers@utica.edu

Participation is the name of the game

Beach Volleyball will be here again!
Contact Gary at gacarroc@utica.edu for more information