

PRESS RELEASE

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ajones@scmh.org**SCHOOLCRAFT MEMORIAL HOSPITAL****Occupational Therapy: The Profession that Focuses on Life Skills**

Manistique, MI – April 2006 ~ People of all ages receive Occupational Therapy to help them participate in the activities of their daily life. Sometimes people need occupational therapy to do things we take for granted, like getting dressed, being productive at school or work, eating unassisted, even socializing.

Occupational therapy doesn't just treat medical conditions, it helps people stay engaged in the activities that give them pleasure or a sense of purpose, despite challenges. Occupational Therapy is "outcome-oriented," which means therapists help clients work toward achievable performance goals.

In rehabilitation clinics or hospitals, occupational therapists and occupational therapy assistants help adults learn or regain skills that allow them to do meaningful things like working, driving, shopping, and even preparing a meal. All types of people need this kind of help everyday, from a worker injured on the job to a grandparent recovering from surgery or a stroke.

Occupational therapy helps avoid health problems, and makes it easier to live with them.

Consider our growing senior population: Healthier people are living longer lives. Occupational Therapy research proves that keeping people active and healthy as they age will not only improve their quality of life, it will lower their health care costs as well. That is why there are Occupational Therapy programs focusing on wellness and prevention – to help seniors stay healthier and remain active in their homes and communities. Trained therapists can make homes safer for people with reduced mobility and failing vision.

Occupational therapy addresses one of the most important aspects of rehabilitation and recovery – the return to a normal life.

In recognition of all the ways Occupational Therapy contributes to society's well-being, April has been designated as Occupational Therapy Month. In celebration of this, **Schoolcraft Memorial Hospital's Rehabilitation Services department is gearing up for an Open-house, complete with presentations, demonstrations, refreshments, and giveaways on Wednesday, April 26, 2006 from 1:00 p.m. to 5:00 p.m. "Everyone is welcome" says SMH Occupational Therapist, Elain Donnoe. "We're excited to welcome the community to learn more about our programs."**

For more information regarding Occupational Therapy, you may log on to www.aota.org or call Schoolcraft Memorial's Rehabilitation Services Department at 906-341-3254.