

WHAT IS OCCUPATIONAL THERAPY?

“**Occupation**” refers to those activities that are unique, purposeful, and meaningful in a person’s life. This might include: dressing, grooming, job performance, hobbies, and sports.

Occupational Therapy (OT) uses purposeful and meaningful goal-directed activities to help individuals function independently in daily life. Occupational therapy addresses problems that interfere with school/work, self-care, and play/leisure at any stage of an individual’s life.



University of
LOUISIANA
Monroe

COLLEGE OF HEALTH
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For more information, contact:

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The University of Louisiana Monroe is a member
of the University of Louisiana System
and an Affirmative Action/EOE.

Funding supported by the Living Well Foundation.
For more information visit www.livingwellfoundation.net.



**OCCUPATIONAL
THERAPY CLINIC**



OCCUPATIONAL THERAPY

GENERAL INFORMATION

- Outpatient occupational therapy (OT) services for adults and children are available on campus in Caldwell Hall.
- A physician's referral for occupational therapy services is required.
- Charges for services are: \$10 annually for evaluation and \$5 per session for treatment. Payment is due at the end of each month of services. An application for reduced fees is available
- Areas addressed may include activities of daily living, work related skills and leisure activities such as hobbies and sports.
- Clients are evaluated and treated by student therapists under the supervision of an occupational therapy practitioner.

OCCUPATIONAL THERAPY

The Occupational Therapy Programs at the University of Louisiana at Monroe are located in Caldwell Hall, University Avenue.

- The OT clinic provides an environment where adults and children can receive clinical occupational therapy services provided by students supervised by licensed and certified faculty.
- All supervising faculty are either registered occupational therapists (OTR) or certified occupational therapy assistants (COTA).

ADULT CLINIC

OT services for clients 18 years of age and older.

Common conditions treated are:

- Cerebral Vascular Accident (stroke)
- Traumatic Brain Injury
- Spinal Cord Injury
- Hand Injuries
- Arthritis
- Burns

Rehabilitative programs are developed specifically for each person to help achieve independence. Intervention may include:

- Adaptive equipment recommendations
- Activities of daily living training
- Environmental modification
- Leisure skills training
- Fabrication of splints
- Muscle re-education
- Pain management
- Fall prevention

PEDIATRIC CLINIC

OT services for clients ranging in age from birth to 18 years.

Common diagnoses treated are:

- Spina Bifida
- Cerebral Palsy
- Intellectual Disabilities
- Developmental Delays
- Attention Deficit Disorder
- Autism Spectrum Disorder
- Sensory Processing Difficulties
- Fine Motor/Handwriting Problems

Age-appropriate programs are designed specifically to help each child achieve developmentally appropriate skills. Intervention may include:

- Gross and fine motor activities
- Handwriting programs
- Assistive technology
- Sensory diets

