



Home Care Occupational Therapy For Persons With Mental Health Disabilities

Occupational Therapy Facts

A mental health disability can disrupt an individual's ability to care for themselves, attend work or school, meet family responsibilities or participate in leisure activities. Individuals with a chronic mental health disability require practical help learning or relearning how to manage daily life activities.

Occupational therapists understand the effects of mental health disabilities on daily function, development, cognitive skills and emotional health. The focus of occupational therapy is on building individual strengths and community resources to enable participation in important occupations of life.

Studies demonstrate that as a result of home care occupational therapy for persons with mental health disabilities:

- Performance in daily activities such as self care and home management increase for adults with chronic mental health disabilities.
- Living conditions in boarding homes improve for adults with severe mental health disabilities.
- Cognitive, social and functional skills are maintained when people with a chronic mental illness move from long term care to the community.
- Occupational performance is improved for women with developmental delays and psychiatric illnesses.
- Parenting skills are developed and maintained for parents who have a first episode of psychosis and have young children.
- Gains are made for individuals in a life skills program in personally identified goals of budgeting time, socializing, shopping and budgeting.
- Skills are developed for homeless men living in a shelter in hygiene, cooking, laundry and money management, and working cooperatively with others in a short-term profit-making program.