# THERAPY MAY BE BENEFICIAL TO YOU IF YOU ARE EXPERIENCING ANY OF THE FOLLOWING PROBLEMS

### PHYSICAL THERAPY

#### □ Walking

- □ Falling
- 🗆 Pain
- Using cane or walker correctly and safely and with the proper adjustment
- Using a wheelchair correctly and safely

## **OCCUPATIONAL** THERAPY

- □ Bathroom safety
- □ Safety with general home activity
- Performance of personal care
- Management of incontinence
- Ability to participate in leisure pursuits
- Performance of household activity

- Getting in and out of a car
- Muscle weakness
- □ Swelling
- □ Incontinence
- Tendonitis or Bursitis

- Shoulder, arm or hand weakness or injury
- Coordination affecting the use of hands an/or fingers
- Becoming fatigued during daily tasks

## **SPEECH** THERAPY

- Hearing aid management; hearing impairment
- Coughing, choking, food caught in throat
- Runny nose and teary eyes during meals
- Communicating with others, speaking and understanding

- □ Changes in vocal quality
- Finding the right words to communicate
- Paying attention to tasks
- □ Alteration in cognitive functions
- Difficulty planning, organizing and scheduling

