

# Occupational Therapy

(Activities of Daily Living)

Our treatment living area which may include practice kitchen, laundry, bathroom and bedroom spaces is designed to help patients relearn daily activities that are needed for a successful return home.



**To improve your activities of daily living (ADLs), the clinicians recognize the importance of active engagement in valued occupations (self care, work, leisure) effected by medical condition or injury.**

**Client factors that may impact activities of daily living will be addressed through establishing relearned or new skills into routines and meaningful activities by restoring impairments, practicing purposeful tasks and engaging in meaningful occupations.**

**Your occupational therapy services may help you:**

- Regain strength to lift a grocery bag out of the trunk
- Improve coordination to tie your shoes
- Learn adaptive methods to engage in important tasks like preparing meals
- Learn work simplification and energy conservation to safely perform grooming and bathing activities
- Demonstrate problem solving and time management skills to pay your bills effectively and timely

**We offer:**

- Complex medical care
- Intensive rehabilitation
- Skilled nursing

---

**To find the center nearest you, log onto:**

**[www.heartland-manorcare.com](http://www.heartland-manorcare.com)**

One  
Step  
Closer

[heartland-manorcare.com](http://heartland-manorcare.com)

**HCR ManorCare**   
Heartland • ManorCare