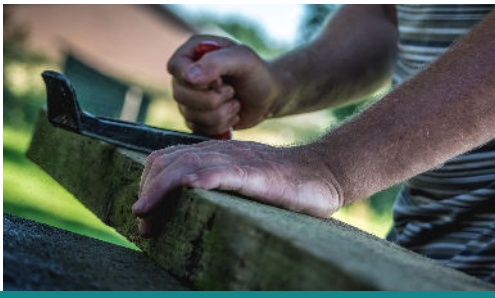


Occupational therapy works with a person who, due to illness or injury, can no longer perform routine daily activities.

After a stroke or injury, daily activities such as getting dressed or eating a meal may seem overwhelming. With the help of an occupational therapist, a patient learns new methods to accomplish daily tasks. The fine motor skills that may have been lost can be improved with occupational therapy.

Our occupational therapist helps patients to safely and independently perform activities of daily living such as feeding, bathing and dressing when the patient requires retraining in these basic life skills. For children who are developmentally delayed, we provide sensory integration, gross motor development, and fine motor training to improve the child's quality of life and ability to participate in school or sports programs.



Rehabilitation Services

For more information on the Rehabilitation Department or to make an appointment call (208) 267-3141 ext 4276

Yabtil Huaute, OT, DOT

By Appointment Only

208-267-3141 Extension 4275

Check In at the Admitting Reception Desk in Outpatient Services. Outpatient Services entrance is located on the southeast side of the Hospital off Comanche Street.



Rehabilitation Services

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- State-of-the-Art Equipment
- Bonners Ferry Location

Inpatient Post-Acute Care

Outpatient by Appointment

Take The First Step

Sometimes the first step to regaining mobility after surgery or traumatic injury is finding a Physical or Occupational Therapist who focuses on treatment effectiveness and challenges you to stay on the path to improvement and healing.

Working with your physician, our award-winning Rehabilitation Services team will develop a treatment plan to guide you, step-by-step, to regain movement, strength, coordination and overall function.



Boundary Community Hospital is accredited by DNV, certified by Medicare and Medicaid and licensed by the State of Idaho, Department of Health and Welfare.



6640 Kaniksu Street

Bonners Ferry, ID 83805

www.boundarycommunityhospital.org

Rehabilitation Services Occupational Therapy

Occupational Therapy focus

- ❖ Pediatrics and Adults
- ❖ Trauma and Post-Surgery Rehabilitation
- ❖ Neurological, Stroke Rehabilitation
- ❖ Activities of Daily Living
- ❖ Sensory Integration and Age Appropriate Skills

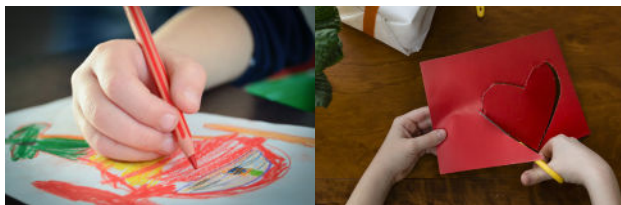
Caring for Our Community, Every Day



Your life is made up of occupations - meaningful everyday activities. These occupations can include many roles, such as being a child, a parent, a grandparent, a student, an employee, a business owner, a golfer, an artist, a cook, or a friend. We generally don't think about our daily occupations until we have trouble doing them.

Why Would I Need Occupational Therapy?

Imagine if an accident, injury, disease, or condition made it difficult for you to participate in your daily activities. A wrist injury means that getting dressed in the morning is painful. Arthritis makes driving challenging. Autism may hinder a child from interacting effectively with classmates. A traumatic brain injury keeps a wounded warrior out of active duty because of difficulties with memory and organizational skills. Or a small change in your



activities or the environment could prevent a future condition (such as using ergonomics at work to avoid injury).

Occupational therapy allows people across the lifespan to do the activities they want and need to do. An occupational therapist will evaluate your situation and, with input from you (and perhaps your family, care provider, or friend), develop individualized goals that allow you to resume or pursue your valued occupations. After you develop goals with your occupational therapist, you will work together on a specific intervention plan to help improve or maintain your ability to perform daily activities and reach your goals getting back to your life.

At Boundary Community Hospital, our Occupational Therapist, Yahtil Huaute, focuses on a wide variety of challenges, from sensory processing to fine motor skills, to returning to roles and routines of daily life. Each person is addressed as an individual and a care plan will be created based on your needs and goals. These can include, but are not limited to:

- **Activities of Daily Living** - these are tasks that help you take care of yourself, such as **bathing, dressing, grooming, etc.**
- **Instrumental Activities of Daily Living** - these are tasks such as **laundry, cooking, cleaning, etc.**
- **Rest and Sleep**
- **Education**
- **Work**
- **Play**
- **Leisure**
- **Social Participation**

Yahtil will consider not only the individual's abilities and the task to be performed, but also the environment in which the task takes place. She will make recommendations to adapt the task as needed, train the person in the use of adaptive devices if needed, and will make recommendations for adaptations in the home, all of which enhance the patient's optimal level of independence and quality of life.



Yahtil Huaute, OT, DOT

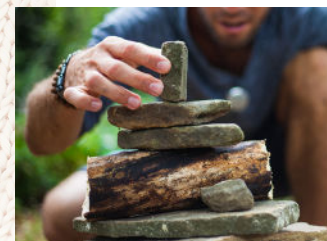
When Do I Need Occupational Therapy?

Have you or a family member ever been diagnosed with a new health condition and found yourself asking, "now what?" Maybe you have a child with autism who is having trouble succeeding in school, or an aging parent who wants to remain at home but you're worried about safety issues, or you are experiencing depression and having trouble doing everyday activities. Occupational therapy can help you answer that "now what?" question. An occupational therapy practitioner will keep the focus on the things you need and want to do—your goals, your activities, your independence. With occupational therapy services you can:

- Achieve goals, such as helping your teenager with a developmental disability gain the skills to transition from high school to independent living as an adult.
- Stay as healthy and productive as possible, while managing a chronic medical condition.
- Maintain or rebuild your independence, such as using assistive devices so you can care for yourself after a stroke.
- Participate in the everyday activities important to you, such as driving, visiting friends, going to church, and other activities that keep you involved with your community.

In short, an occupational therapy practitioner can help you live life to its fullest no matter your health condition, disability, or risk factors.

Information provided by www.aota.org.



How Do I Schedule a Consultation?

Ask your physician about a referral for occupational therapy services.