



# Occupational Therapy: How it Can Help You After a Car Accident

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## What is Occupational Therapy

A car accident can have a significant impact on your ability to function and perform daily activities. Occupational therapy can help you regain your independence and improve your quality of life after a car accident.

Occupational therapy is a health profession that helps people of all ages to do the things they need and want to do in their daily lives. Occupational therapy practitioners (OTs) help people to overcome the effects of injury, illness or disability, so that they can participate in the activities of daily life, such as self-care, work, and leisure.

## Therapy after a car accident

Occupational therapy can help you regain your independence by assessing your abilities and identifying areas that need improvement. It can help with completion of activities of daily living (ADLs) such as dressing, grooming, and bathing, and instrumental activities of daily living (IADLs) such as preparing meals, managing money and medication, and using the telephone. Occupational Therapy can assist with returning to work and adapting the workplace for your needs and returning to leisure activities and hobbies. It can help with developing coping strategies to adapt to new circumstances and manage the impact of the accident.



## Accessing Occupational Therapy

Occupational therapy services are typically provided by a licensed occupational therapist and are covered by most insurance policies. You can access occupational therapy services through a referral from your doctor or other healthcare provider. Occupational therapy services may also be available through a hospital, rehabilitation center, or community health center. By accessing occupational therapy services, you can take steps towards recovery and regaining your pre-accident abilities.