

# Services

## Occupational Therapy

### Elevate Your Daily Life with Occupational Therapy at Holsman Physical Therapy

Struggling with daily activities due to a health condition? Holsman Physical Therapy's Occupational Therapists are here to enhance your independence and engagement in everyday life. Our therapy focuses on empowering individuals across all ages to participate fully in their desired activities, improving function in every environment including home, work, and community. We address physical, psychological, and cognitive aspects through meaningful activities.

#### Our Services Include:

- **Individual Evaluations** to set personalized goals.
- **Customized Interventions** to improve daily activity performance.
- **Outcome Evaluations** to adjust interventions as needed, ensuring goal attainment.

We also specialize in:

- **Home and Environment Evaluations**, recommending adaptive equipment and modifications.
- **Task Modification Training**, making daily tasks easier.
- **Family and Caregiver Guidance**, enhancing support systems.

#### Benefits of Occupational Therapy:

- **Enhancing Independence:** From aging in place to managing daily tasks with ease, our therapy maximizes independence.
- **Fall Prevention:** Our multifaceted interventions significantly reduce fall risks, ensuring safety at home.
- **Low Vision Rehab:** We provide strategies to increase participation and independence, reducing fall risks and hospitalizations.
- **Chronic Condition Management:** Tailored interventions help manage chronic conditions, promoting long-term health and independence.
- **Recovery and Wellness:** Specialized in recovery from stroke, Parkinson's, Alzheimer's, and more, we offer strategies for wellness and independence.

**Why Choose Holsman Occupational Therapy?** Our expert therapists are dedicated to working with you to regain functionality and independence through tailored strategies and interventions. Whether it's adapting to life after a stroke, managing arthritis, or ensuring a safe home environment, we're here to support your journey to a more independent and fulfilling life.

**Your Path to Independence Starts Here** At Holsman Physical Therapy, we believe in a holistic approach to occupational therapy, focusing on enhancing your ability to perform everyday activities confidently. Contact us today to learn how we can help you achieve your highest level of independence.