

# The importance of occupational therapy to people who have had a stroke

## Key facts:

Research has proved that Occupational Therapy is a clinically effective treatment for people who have had a stroke (Legg et al 2006, Walker et al 2004). Cochrane systematic reviews (Legg et al 2006) have demonstrated that functional limitations can be reduced with targeted Occupational Therapy interventions such as dressing practice (Walker et al 1996), outdoor mobility (Logan et al 2004) and activities of daily living training.

Occupational therapy improves performance and significantly reduces risk of deterioration after stroke. Occupational therapists help those with a stroke learn how to manage within their home again and in all areas of daily living (Legg et al 2007).

Follow up by an Occupational therapist helps to maintain people in their own homes (Corr and Bayer 1995)

Community occupational therapy has significantly improved daily living and leisure activities for people who have suffered a stroke (Walker et al 2004).

Occupational therapy interventions normally include: Goal setting with patient and carer to develop a patient specific treatment programme; treatment to achieve maximum functional ability; improving functional activities of daily living, e.g. washing, dressing, bathing, kitchen skills, eating and drinking; management of spasticity through splinting; posture and positioning; cognitive and perceptual ability; wheelchair requirements; and the provision of assistive devices and home adaptations. (Legg et al 2007)

Occupational therapists help people with a stroke to re-engage with their wider community (Logan et al 2004)

## Cost Benefit:

Housing adaptations reduce the need for daily visits and reduce or remove costs for home care (savings range from £1,200 to £29,000 a year) (Heywood et al 2007).

## References

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