



VERNON MANOR

Health Care & Rehabilitation

Tips on Occupational Therapy: Getting You Back to Every Day Life!

Today, as increasing numbers of post-hospital patients complete their recovery in the comfort of Post-Acute Care centers, they are experiencing the value and benefits of Occupational Therapy (OT) services. Occupational therapy is a very important component of the overall recovery and rehabilitation process and assists individuals in returning to the things in life they enjoy doing most.

Providing Comprehensive Recovery Services

Occupational therapists are engaged in providing a wide range of recovery services. These include helping people recovering from illness, injury and surgery to regain previous abilities and providing support for older adults experiencing physical and cognitive challenges. An Occupational Therapist's functions typically include:

- Individualized patient evaluation, during which the client/family and occupational therapist determine the person's goals.
- Customized treatment programs to improve the patient's ability to perform important daily activities that are part of their normal lifestyle.
- Comprehensive home and job site evaluations with recommendations for needed adaptations to fit the patient's capabilities.
- Recommendations and usage training for adaptive equipment that will maximize the patient's abilities.
- Outcome evaluations to assess progress and ensure that the patient's goals are being met, as well as to make any appropriate modifications to the recovery plan.
- Guidance for family members and caregivers to enable them to provide any needed support for the patient after their return home.

Serving a Wide Range of Patient Needs

Whether you're recovering from an illness, injury or recent surgery, occupational therapists can help you to regain the ability to do all the things that are important to you. They provide excellent rehabilitative care for a variety of medical conditions and needs including, but not limited to:

- Orthopaedic & Joint Care
- Pulmonary Care



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- Stroke Rehabilitation
- Cardiac Rehabilitation
- Respiratory Care
- Post-Surgical Recovery
- Wound Care

Experience State-of-the-Art Post-Hospital Rehabilitation and Long-Term Care at Its Best

Located in Vernon, CT, **Vernon Manor** has proudly served the communities of Hartford and Tolland counties for nearly 40 years, earning a highly respected reputation for delivering [outstanding quality care, successful outcomes and exceptional service](#) for our patients, residents and their families. We provide a proven [rehabilitation program](#) to enable patients to continue on their path to recovery as well as compassionate [long-term care](#) for loved ones who require 24-hour nursing support.

Rebuild. Recover. Renew.

Vernon Manor's Recover Right Post-Hospital Rehabilitation program provides you with all the support, expertise and encouragement you need to achieve a full recovery and a speedy return home.

For more information on **Recover Right** Post-Hospital Rehabilitation or long-term care – or to schedule an informative tour at your convenience – please contact **Karen V. Duhamel MSN, MS, RN** our **Director of Admissions** at **(860) 896-5113** or [contact us](#) online.