



Quality of life: What your OT wants you to know

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What is OT?

- Occupational therapy can help you or your loved ones **live life to its fullest**
- Occupational therapy services typically include
 - Performance skills assessments and treatment
 - Adaptive equipment recommendations and usage training
 - Guidance to family members and caregivers
 - **Customized treatment programs to improve one's ability to perform any activity that you NEED or WANT to do on a daily basis**

What You NEED vs. What You WANT

NEEDS:

Things you have to do to stay alive
May or may not overlap with the
things you want to do



WANTS:

Things that you enjoy doing
Things that make you happy



Quality of Life:

We all want to be happy

- Subjective and multidimensional
- Encompasses positive and negative features
- A dynamic condition that responds to life events

What is Important to You?

(And how do you figure it out)



Process of Self-Reflection

- Figure out what brings you joy
- Explore natural mood “lifters” and “depressors”
- Investigate your inner “metal detector”





Investigative Journaling

- List Activities you perform on a daily basis
 - Activities related to daily living and needs
 - Leisure Activities
 - Work or home related tasks
- How independent are you with this activity?
- How important is it to you that you continue to be independent with the activity/perform the activity?



Reflect and Discuss

- Are there any activities related to natural mood lifters or depressors on your list?
- Are there any items that you could add or take away to help you be happier?
- Are there items in which may take longer or you require assistance that your independence is not as important to you? *CONTEXT*
- Are there items that you want to remain independent with that are currently challenging?
- How can you and your care partner use this list to improve your quality of life?



Manage your Attention

- In any given moment there are all sorts of things going on around us: some uplifting and some not
- **What we place our attention on Matters!**
 - When we place our attention on something good, we feel good!
 - When we place our attention on something bad, we feel bad

Start your process of self-reflection
and live **YOUR** life to the fullest!

