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When would occupational therapy services be helpful to an adult?

- 1. Difficulties with balance, becomes disoriented and/or fearful on elevators or escalators.
- 2. Fatigues easily; tends to lean on arms or slump at desk.
- 3. Accident-prone, clumsy or awkward in daily activities.
- 4. Dislikes crowds or accidental jostling in public situations (standing in line at the movie theater or shopping in store aisles).
- 5. Low tolerance for approach from behind or unexpected touch.
- 6. Difficulty in maintaining intimate relationships, difficulty with physical closeness, hugs or cuddling.
- 7. Disorganized in work or home activities.
- 8. Difficulty following several step instructions for motor tasks.
- 9. Difficulty with driving, parking, shifting gears or entering freeways.
- 10. Poor self-esteem, lack of confidence.
- 11. Difficulty focusing attention or over-focused and unable to shift to next task.

If you or an adult you know are experiencing 3 or more of these problems, occupational therapy intervention may be helpful.

Please call Occupational Therapy Associates - Watertown, P.C. for more information at (617) 923-4410