



THE VALUE OF IN-HOME OCCUPATIONAL THERAPY

Home-based occupational therapy is a valuable service that can provide a range of benefits to individuals who need assistance with their daily living activities due to physical, neurological, cognitive, or mental health limitations. Home is often considered the best setting for occupational therapy delivery for several reasons, including:

- **Personalized Care:** Home-based occupational therapy allows the therapist to evaluate the patient's home environment and tailor the treatment plan to their specific needs, which can lead to better outcomes.
- **Greater Comfort and Convenience:** Patients are often more comfortable and at ease in their own home, which can lead to better participation and engagement in therapy sessions. Additionally, home-based therapy eliminates the need for transportation to and from appointments, making it more convenient for patients and their families.
- **Cost-effective:** Home-based occupational therapy can be more cost-effective than receiving care in a hospital or long-term care facility, where the cost of care can be high.
- **Real-world Practice:** Occupational therapy involves learning and practicing daily living skills, such as dressing, grooming, and meal preparation, in order to achieve greater independence. By receiving therapy in their own home, patients can practice these skills in their natural environment, which can better prepare them for real-life situations.
- **Improved Safety:** Home-based occupational therapy allows therapists to assess and address potential safety hazards in the patient's home environment, such as tripping hazards or poor lighting, which can help prevent falls and other accidents. Additionally, home care occupational therapists can assess for and recommend adaptive equipment, assistive technology and home modifications for greater safety and independence.
- **Family and/or Caregiver Involvement:** Home-based therapy provides an opportunity for family members to be directly involved in the patient's care and progress, which can increase motivation and



If you have questions or would like more information, please contact us.

M & M Home Care 32003 Plymouth Rd Livonia, MI 48150

Phone: 248-599-2410 Fax: 248-247-1025

www.MMHomeCare.com

support for the patient. Occupational therapists in the home are also available to train in home caregivers/attendant care staff in strategies, adaptive techniques, transfers, etc.

Overall, home-based occupational therapy can offer many benefits to patients by providing personalized care, greater comfort and convenience, real-world practice, improved safety, and increased family involvement.

If you have questions or would like more information, *please* contact us.
M & M Home Care 32003 Plymouth Rd Livonia, MI 48150
Phone: 248-599-2410 Fax: 248-247-1025
www.MMHomeCare.com