

OT LIFE

Home therapy kit



Tan Tock Seng Hospital

OT LIFE

Occupational
Therapy for
Learning &
Improving
Functions
Everyday



Adapted from the Graded Repetitive Arm
Supplementary (GRASP) Program

OT LIFE is a self administered patient bed side therapy intervention, prescribed and customised by an Occupational therapist.

The aim of this is to provide patients with opportunities to practice using the affected upper limb with every day items. This is part of the Occupational Therapy process to **maximise** potential for recovery.

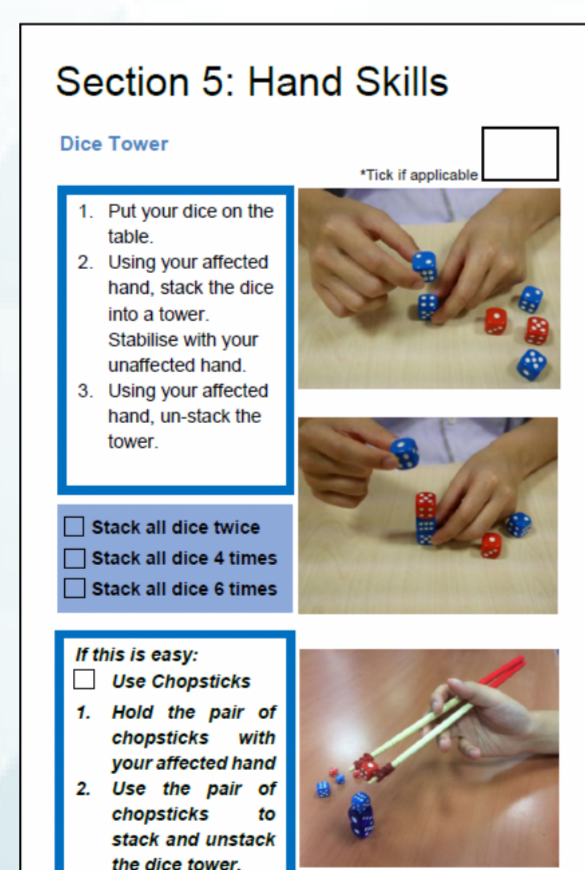
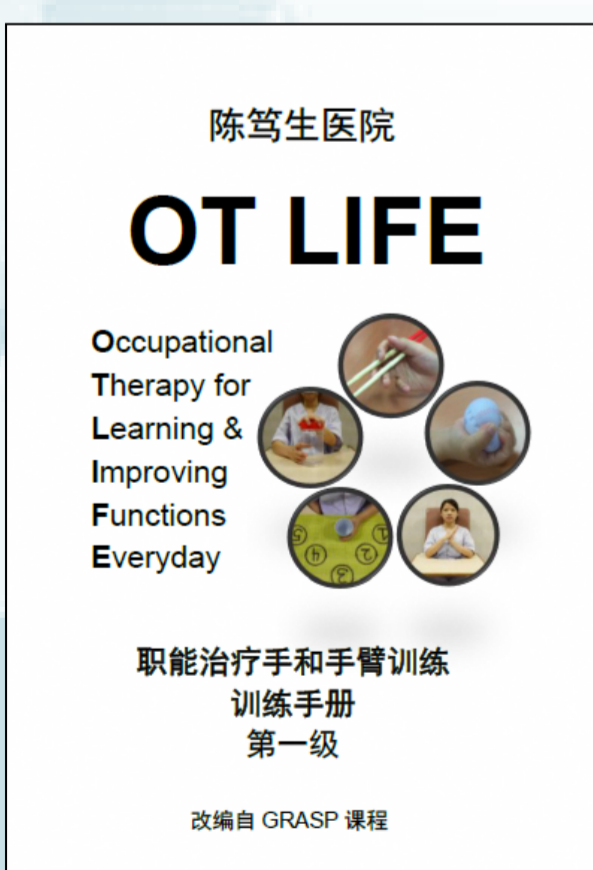


Equipment

- 3 therapy kits designed for different impairment levels (Levels 1 & 2 - moderate impairment, Level 3 - mild impairment)
- The appropriate kit is prescribed by the Occupational Therapist after a standardised assessment of the patient's function
- Equipment are common daily items ie. buttons, containers, cups so that patients can replicate these at home to continue therapy after discharge

Therapy manuals

- The manuals are stratified to the 3 levels of OT LIFE
- Occupational Therapists mark out suitable activities, and the amount of repetitions required
- Patients are encouraged to spend at least 1 hour each day on upper limb retraining activities at home



Contact your Occupational Therapist if you have queries



Tan Tock Seng
HOSPITAL

National Healthcare Group