

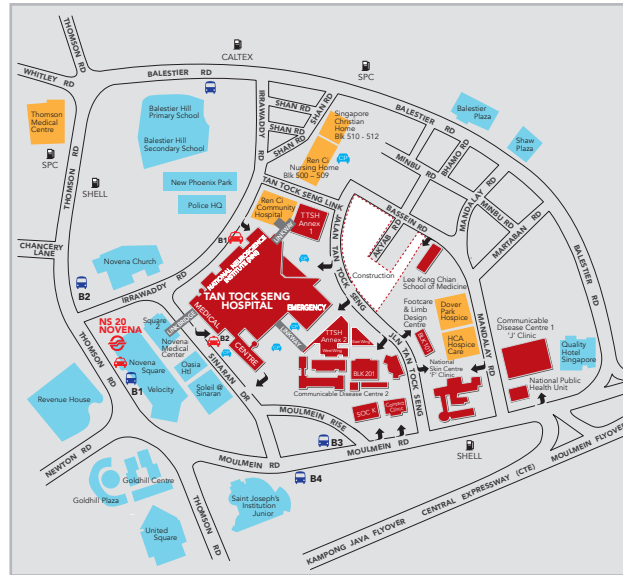
STRATEGY 9: TARGET

- Occupational Therapist will assess individual's condition and provide targeted caregiver training for loved ones.
- The caregiver training will glean insights for family to manage individual's physical needs efficiently and help reduce caregiver's stress.



Occupational Therapy Department

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Occupational Therapy

People with Parkinson



Tan Tock Seng
HOSPITAL



Occupational Therapy can help an individual with Parkinson by equipping one with the necessary knowledge and skills to perform everyday activities with greater ease and satisfaction.

"T.H.E.R.A.P.I.S.T" is an acronym for the 9 common rehabilitation strategies used by Occupational Therapist which includes teaching simpler skills to complete daily tasks, identifying suitable assistive equipment and modifications to the individual's living environment.

STRATEGY 1: TEACH

- Occupational Therapist will teach individual and family new ways to plan daily or weekly routines.
- The training will involve a personalized routine for individual to perform everyday activities within the individual's capabilities and medication. The aim of this training is to reduce stress and allow one to enjoy important events in the day.

Time	Activities
6:30am - 7am	Brushing teeth, washing face
7am	Taking medication
7:30am	Taking breakfast
8am - 9am	Exercise
9am - 9:30am	Reading news paper
9:30am - 11am	Go to market / shopping
11am - 1pm	Preparing lunch
12pm	taking medication
12:30pm - 1:30pm	Lunch
1:30 pm - 2:30pm	Rest

STRATEGY 2: HELP

- Occupational Therapist will help individual learn to cope with cognitive conditions.
- The training will equip individual with the skills to modify activities so as to maximize capacities and compensate for limitations.

STRATEGY 3: EXPLORE

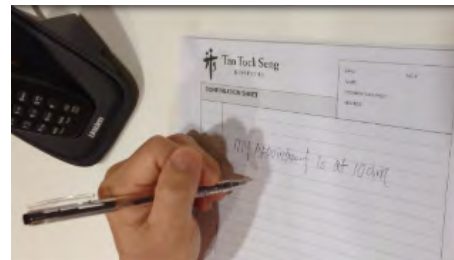
- Occupational Therapist will explore with individual new ways of enjoying leisure activities.
- The training will assist the individual to explore suitable leisure activities and resume graded engagement in leisure activities.

STRATEGY 4: RECOMMEND

- Occupational Therapist will recommend adaptive equipment for individual to regain independence in everyday activities.

STRATEGY 5: ADAPT

- Occupational Therapist will guide individual on how to adapt to useful handwriting techniques.



- The training will involve advices and practice sessions for individual to improve the size and legibility of handwriting.

STRATEGY 6: PROVIDE

- Occupational Therapist will provide training of everyday life activities such as toileting and dressing and instrumental activities of daily living such as shopping.



STRATEGY 7: IMPROVE

- Occupational Therapist will provide upper limb exercises and stretching, which reduce stiffness and rigidity and improve individual's upper limb conditions.

STRATEGY 8: SUGGEST

- Occupational Therapist will conduct home visit and provide suggested home modifications to increase individual's safety and independence.
- The home visit will provide insight to individual and family to reduce the potential for falls.

