

Allied Health Team Questions: HAVE YOU EVER EXPERIENCED...?

If you answer "yes" to any of the questions below, you should ask your physician for a referral for occupational, physical, or speech therapy.

Occupational Therapy Questions:

- Trouble "getting started" in the morning?
- Trouble with zippers or buttons?
- Not able to stand up from the toilet?
- Trouble figuring out which way a shirt goes on?
- Difficulty telling how far down a step is from your foot?
- Problems writing out a check because your handwriting has changed?
- Not enough energy to get through the day?

Physical Therapy Questions:

- A fall, near falls or stumbling?
- Problems going up or down stairs?
- Difficulty turning around or turning corners while walking?
- Difficulty standing up from a chair or getting out of bed?
- Stiffness and you don't know how to stretch?
- Need new equipment (walker or wheelchair) and don't know where to start?
- Increased stress and unable to relax?
- Pain in your back or shoulders?

Speech-Language Pathology Questions:

- People having difficulty understanding/hearing you?
- Have the word on the 'tip of your tongue' without being able to find it?
- Difficulty remembering details of daily routine, conversations, etc?
- Easily distracted; Short attention span, etc?
- Trouble with swallowing?

Interdisciplinary Questions

- Concerns with maintaining employment?
- Questions about care-partner safety or burn-out?
- Questions about changes in your home for safety?



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