

Occupational Therapy

What is Occupational Therapy (OT)

Occupational Therapy is a service that helps with the rehabilitation of individuals of all age group. The aim is to help people to reach their best level of performance in everyday task and activities at home at work and in the community.

Who is an Occupational Therapist (OT)

An individual who has completed a 4 year degree programme which is nominated by the professional Board of Occupational Therapy of the Health Professional Council of South Africa.

The Occupational Therapy Philosophy

Occupational Therapists believe that meaningful occupation (everyday activity) is essential for the well being of people of all ages. Everyone should have the opportunity to do things they want or need to do and be as in depended as possible in their daily living.

Services Offered by Occupational Therapists

Occupational Therapists can assist persons with any of the following conditions or problems:

Paediatric Conditions

- ✓ Learning Disability
- ✓ Development delay
- ✓ Cerebral Palsy
- ✓ School readiness training
- ✓ Stimulation
- ✓ Play therapy
- ✓ Behavioural problems

Physical Condition

Hand injuries, burns rheumatoid Arthritis, Neurological Condition (such as head injuries and stroke), Spinal cord injuries amputation. Occupational Therapists make splints & assistive device.

3. Psychiatric Conditions Such As:

- ✓ Schizophrenia
- ✓ Mood disorders
- ✓ Mental retardation
- ✓ Personality disorders

Geriatrics Conditions

- ✓ Dementia
- ✓ Parkinson Disease
- ✓ Alzheimer Disease
- ✓ Hemiplegia

5. Occupational Therapy Offers Assistance with the following

- ✓ Self Esteem problems
- ✓ Stress management
- ✓ Relationship and Social behaviour problems e.g. Social Phobia & anxiety
- ✓ Community survival skills problems e.g. Money & time Management
- ✓ Job seeking skills
- ✓ Work ability training
- ✓ Psychoactive substance & alcohol abuse
- ✓ Lifestyle imbalances

Other Important Functions of Occupational Therapy Personnel

- ✓ Work assessments
- ✓ Disability grant assessments
- ✓ Work ability training
- ✓ Homework visits
- ✓ Client & family counselling
- ✓ Wheelchair assessment & training
- ✓ Establishment of income generating projects

How are Services Offered

The Occupational Therapists assist by means of utilising everyday activities of varying degrees of difficulty that are representative of those functional activities done by people in their daily lives (such as self care activities, construction and creative tasks, work activities, sport, recreation and play). Occupational Therapists may also plan and implement daily programme (short or long term), which are specially planned to assist individuals or groups of individuals e.g. residents of homes and institutions. Activities are utilized in conjunction with certain apparatus and equipment, which are used to build up the abilities and skills needed for the client to eventually execute his/her daily task independently.

Examples

A person with a spinal cord injury e.g. paraplegic will be assisted to attain various skills that will provide independence in daily tasks (use of wheel chair, methods of dressing and bathing, sexuality counselling etc). A person with depression will be assisted to plan daily activities in such a way that may be effectively dealt with, together with the teaching of stress management to lower anxiety.

A child with learning disability will be assisted to attain various cognitive and sensory motor skills that are essential building blocks for school related tasks such as reading, writing and arithmetic.

You can be referred to an Occupational therapists by your Doctor, School Teacher, or come and see us personally at your hospital. For more information visit your occupational Therapy Department.

Occupational Therapist on Duty Tel:
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Tshebetso e reretsweng phekolo

Tshebetso e reretsweng phekolo ke eng

Tshebetso e reretsweng phekolo ke tshebetso e thusang ka tlhabollo ho batho ka bomong ba dihlopha tsa dilemo tsohle. Sepheo ke ho thusa batho ho fihlella bokgoni ba bona ho mosebetsi oo ba o etsang letsatsi ka leng, le diketsahalong tsa hae, tsa mosebetsing le setjhabeng.

Ngaka ya Tshebetso e reretsweng Phekolo ke mang

Motho ya qetileng lenaneo la thuto e phahameng ya dilemo tse 4, ya thontsweng ke Boto ya Tshebetso e reretsweng Phekolo ya Lekgotla la Basebetsi ba tsa Bophelo bo Botle la Afrika Borwa.

Mohopolo wa Tshebetso e reretsweng Phekolo

Dingaka tsa Tshebetso e reretsweng Kalafo di dumela hore tshebetso e phethahetseng (ketsahalo ya letsatsi ka leng) e bohlokwa bakeng la bophelo bo botle ba batho ba dilemo tsohle. Batho bohle ba lokela ho ba le monyetla wa ho etsa dintho tseo ba batlang kapa ba hlokanang ho di etsa, mme ba ikemele kahohlehohle bophelong ba bona ba letsatsi ka leng.

Ditshebeletso Tse Nehelwang ke Dingaka tsa Tshebetso e reretsweng Phekolo

Dingaka tsa Tshebetso e reretsweng Phekolo di ka thusa batho ka boemo bofe kapa bofe kapa mathata a latelang:

Maemo a Mafu a Amang Bana

- ✓ Boqhwalala bo amanang le ho ithuta
- ✓ Tieho ya Ntshetsopele
- ✓ Boqhwalala ba boko
- ✓ Boikwetliso ba boitokisetso ba sekolo
- ✓ Tlhasimollo
- ✓ Kalafo ya dipapadi
- ✓ Mathata a boitshwaro

Maemo a Mmele

Ditemalo tsa hloohong, ho tjha, bohloko ba masapo le manonyeletso, Boemo ba Methapokutlo (jwaloka ditemalo tsa hloohong le tlhaselo e amanang le ho wa [setrouku]), ditemalo tsa mokokotlo le ho kgaolwa ha ditho. Dingaka tsa Tshebetso e reretsweng Phekolo di etsa disebediswa tse sireletsang mmele, jwaloka ditho tse robhileng tsa mmele.

3. Maemo a amanang le mahloko a kelello jwaloka

- ✓ Bohloko ba kelello bo bakang kgaohano pakeng tsa maikutlo le diketso
- ✓ Pherekano ya maikutlo
- ✓ Tshitiseho ya ho sebetsa ha kelello
- ✓ Pherekano e amang boikamohelo ba botho

4. Maemo a Amang Boemo ba Bophelo ba Batho ba Tshofetseng

- ✓ Tahlehelo ya kelello
- ✓ Lefu la methapokutlo le bakang ho tiya ha mesifa
- ✓ Lefu la Alzheimer
- ✓ Ho shwa lehlakore

5. Dingaka tsa Tshebetso e reretsweng Phekolo di nehelana ka thuso e latelang

- ✓ Mathata a boitshepo
- ✓ Taolo ya kगतello ya maikutlo
- ✓ Mathata a amanang le boitshwaro dikamanong le setjhabeng, jwaloka tshabo ya ho ikamahanya le batho hammoho le ho se phutholohe kelellong
- ✓ Mathata a amanang le boitsebelo ba mekgwa ya ho phela setjhabeng, jwaloka taolo ya tsa ditjhelete le nako
- ✓ Boitsebelo ba ho batla mosebetsi
- ✓ Thupello ya bokgoni ba ho etsa mosebetsi
- ✓ Dithethefatsi tse amang kelello le tshebediso e mpe ya tahi
- ✓ Ho se lekalekane mokgweng wa bophelo

EH: Tshebetso e Reretsweng Phekolo e Boetse e Etsa:

- ✓ Tlhahlobo ya mosebetsi
- ✓ Tlhahlobo ya nehelano ya tshebetso ya Boqhwalala
- ✓ Thupello ya bokgoni ba ho etsa mosebetsi
- ✓ Diketelo tse amanang le mosebetsi wa hae
- ✓ Tlhabollo ya maikutlo ya basebedisi le lelapa
- ✓ Tlhahlobo ya dikoloyana tsa ba qhwadileng le thupello
- ✓ Theho ya diprojeke tse kenyang tjhelete

Ditshebeletso di Nehelanwa Jwang

Dingaka tsa Tshebetso e reretsweng Phekolo di thusa ka ho sebedisa diketsahalo tsa letsatsi ka leng tsa boemo bo fapaneng ka bothata, tse kenyelleditseng tse batho ba di etsang maphelong a bona a letsatsi ka leng (jwaloka diketsahalo tsa ho itlhokomela, mesebetsi ya kaho le ya boiqapelo, diketsahalo tsa mosebetsi, dipapadi, boikgathollo le papadi.) Dingaka tsa Tshebetso e reretsweng Phekolo di ka boela tsa rala le ho kenya tshebetsong mananeo a letsatsi ka leng (nakong e kgutshwane kapa e telele), tse reretsweng ka ho ikgetha, ho thusa batho ka bomong kapa dihlopha tsa batho, jwaloka baahi le ditheho. Diketsahalo tse sebediswang ka kopanelo le disebediswa tse itseng,

tse sebedisetswang ho aha bokgoni le boitsebelo bo hlokohehang ho mosebedisi hore qetellong, a kgone ho etsa mosebetsi wa letsatsi ka leng ka boikemelo.

Mehlala ke ena

Motho ya nang le temalo ya mokokotlo, jwaloka motho ya qhwadileng, a ka thuswa ho fihlella boitsebelo karolong tse fapaneng bo tlang ho mo kgontsha ho ba le boikemelo mesebetsing ya letsatsi ka leng (tshebediso ya koloyana ya ba qhwadileng, mekgwa ya ho apara le ho tola, tlabollo ya maikutlo e amanang le tsa thobalano).

Motho ya nang le kगतello ya maikutlo a ka thuswa ho rala diketsahalo tsa letsatsi ka leng, ka tsela eo di ka etsahalang ka phethahalo ka yona, hammoho le thuto e amanang le taolo ya kगतello ya maikutlo, ho ya ho phokotso ya ho se phutholohe ha kelello.

Ngwana ya nang le mathata a ho ithuta o tla thuswa ho fihlella boitsebelo bo amanang le methapokutlo e amanang le kelello, le tshebediso ya mesifa, tse leng bohlokwa bakeng la mesebetsi e amanang le sekolo, jwaloka ho bala, ho ngola le dipalo.

O ka fetisetswa ho moalafi wa Tshebetso e reretsweng Kalafo ke ngaka ya hao, mosuwe wa hao sekolong kapa o ka tla re bona ka bowena sepetleleng sa rona. Bakeng la tlhahisoleseding, etela Lefapha la hao la Tshebetso e reretsweng Kalafo.

Ngaka ya Tshebetso e reretsweng Kalafo e leng mosebetsing:

Nomoro ya mohala:

Arbeidsterapie

Wat is Arbeidsterapie (AT)

Arbeidsterapie is 'n diens wat help met die rehabilitering van individue van alle ouderdomsgroepe. Die doel is om mense te help om hul beste prestasievlak te bereik met die verrigting van hul dagtake en bedrywighede tuis en in die gemeenskap.

Wat is 'n Arbeidsterapeut (AT)

'n Individu wat 'n 4-jaar graadkursus (program) voltooi het wat ge-akkrediteer is deur die Beroepsraad van Arbeidsterapeute van die Beroepsgesondheidsraad van Suid-Afrika.

Die filosofie van Arbeidsterapie

Arbeidsterapeute glo dat 'n sinvolle beroep (alledaagse aktiwiteit) noodsaaklik is vir die welsyn van mense van alle ouderdomme. Elkeen moet die geleentheid kry om dit te doen wat hulle wil of moet doen en om in hul daaglikse doen en late so onafhanklik as moontlik te wees.

Dienste Angebied Deur Arbeidsterapeute

Beroepsterapeute kan mense help met enige van die volgende toestande of probleme:

Pediatriese Toestande

- ✓ Leergestremdheid
- ✓ Vertraagde ontwikkeling
- ✓ Serebrale gestremdheid
- ✓ Skoolgereedheidsopleiding
- ✓ Stimulering
- ✓ Speeltherapie
- ✓ Gedragsprobleme

Liggaanlike Toestand

Handbeserings, brandwonde, rumatiekvormige gewrigsontsteking, neurologiese toestande (soos hoofbeserings en beroerte), rugmurgbeserings en amputering. Beroepsterapeute vervaardig splinte en hulpmiddels.

3. Psigiatryse toestande soos

- ✓ Skisofrenie
- ✓ Gemoedstemmingaandoenings
- ✓ Verstandelike vertraging
- ✓ Persoonlikheidsaandoenings

Geriatryse Toestande

- ✓ Kranksinnigheid
- ✓ Parkinson-siekte
- ✓ Alzheimer-siekte
- ✓ Halfverlamming

5. AT-Hulp met die Volgende

- ✓ Selfbeeldprobleme
- ✓ Stresbeheer
- ✓ Verhoudings- en Sosiale gedragsprobleme bv. Sosialefobie en angs
- ✓ Gemeenskapsoorlewingsvaardighede bv. Geld- en Tydbestuur
- ✓ Werksoekvaardighede
- ✓ Werkvermoë-opleiding
- ✓ Psigo-aktiewe dwelmiddel- en alkoholmisbruik
- ✓ Ongebalanseerde leefstyl

Wat Ate Ook Doen

- ✓ Werkbeoordeling
- ✓ Ongeskitheidstoelae-beoordelings
- ✓ Werkvermoë-opleiding
- ✓ Tuiswerkbesoeke
- ✓ Kliënte- en gesinsvoorligting
- ✓ Rystoel-beoordeling en –opleiding
- ✓ Vestiging van inkomste-genererende projekte

Hoe Word Dienste Aangebied

Die Arbeidsterapeut bied hulp aan deur alledaagse aktiwiteite van verskillende moeilikheidsgrade wat verteenwoordigend is van daardie funksionele aktiwiteite wat deur mense in hul daaglikse lewens gedoen word (soos selfversorging, konstruksie- en skeppende take, werkaktiwiteite, sport, ontspanning en speel). Arbeidsterapeute is ook betrokke by die beplanning en implementering van daaglikse programme (kort- of langtermyn), wat spesiaal beplan word vir individue of groepe individue bv. inwoners van tehuise en inrigtings. Aktiwiteite word aangewend tesame met sekere apparaat en toerusting, wat gebruik word om die vermoëns en vaardighede wat benodig word deur die kliënt om uiteindelik sy/haar taak onafhanklik uit te voer.

Voorbeelde Is

'n Persoon met 'n rugmurgbesering bv. 'n parapleeg sal gehelp word om sekere vaardighede te bekom wat sal meebring dat daaglikse take onafhanklik uitgevoer word (gebruik van rystoel, aantrekmetodes en om te bad, berading oor seksualiteit, ens).

'n Persoon wat aan depressie ly sal gehelp word om sy daaglikse aktiwiteite op so 'n wyse te beplan sodat doelmatig daarmee gehandel kan word, tesame met stresbeheer om angs te verminder.

'n Kind wat leergestremd is, sal gehelp word om verskeie kognitiewe en sensomotoriese vaardighede aan te leer wat noodsaaklike boustene is vir skoolverwante take soos lees, skryf en rekenkunde.

U kan na 'n Arbeidsterapeut verwys word deur u dokter, onderwyser, of u kan uit eie beweging ons by u hospital kom besoek. Vir nadere inligting besoek u arbeidsterapie-afdeling.

Occupational Therapist on Duty Tel:
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