



NL Health Services

Occupational Therapy (OT) Virtual Walk-in Services



DATE: **Tuesdays 2:30-4:30pm NDT.**

OPTION 1 – Join by video:

<https://nlchi-nl-ca.zoom.us/j/95344300837?pwd=SlIzcDZvQllxS25lNUF0OWV1ODAvUT09>

OPTION 2 – Join by phone:

Phone: 1-778-907-2071 Meeting ID: 953 4430 0837# Passcode: 147407#

DETAILS:

No referral or appointment booking is required. Please bring your MCP card with you to your walk-in appointment for registration. Sessions are limited to 10 minutes. If your concern(s) require follow-up to address, you will be placed on a waitlist to be seen at your nearest hospital or provided with a follow-up virtual appointment during the walk-in session. All clients/staff entering the Zoom waiting room before 4:30pm NDT will be seen that same day. This service is open to all community members and healthcare staff within the Labrador-Grenfell Zone.

How can Occupational Therapy (OT) help?



- Prescription of basic adaptive equipment or skills training to support the safe engagement of activities of daily living (**ADLs; e.g., bathing, dressing, toileting, feeding, transferring, & getting around your home**) or instrumental activities of daily living (**IADLS; e.g., managing finances, transportation, meal preparation, shopping, home maintenance, & medication management**)
- Support to navigate **funding programs & insurance** to offset costs of specialized equipment
- Receive recommendations to improve **home safety** and support to access **accessibility grants**

- Non-pharmacological support for managing **chronic pain**
- Support with improving **sleep hygiene**
- Completion of brief **cognitive assessments**
- **Ergonomics** concerns



- Consultation support for therapeutic **pressure reduction equipment** (specialized wheelchair cushions, air mattresses, etc.)
- For kids: **assistive technology use, fine motor skill development, sensory processing difficulties, emotional regulation difficulties, & more!**

- ✓ If you would prefer a longer appointment with an OT, anyone can self-refer to OT services. Wait times vary by site for an assessment with an OT. If your MCP is up to date, there is no cost for OT services through the L-G zone.
- ✓ Some specialized equipment requires specific measurements to be completed in-person by an OT (e.g., custom splinting & high end wheelchairs). As such, these services will not be available virtually. However, you may still attend these sessions for consultation purposes.
- ✓ *If you have any questions about OT services, feel free to reach out to our regional travelling OT at kcurtis@lqhealth.ca*

