



Hazel Vaz, an occupational therapist at Georgetown District Memorial Hospital uses a reacher to get a grip on another assistive device used in occupational therapy. Oct. 21-25 is occupational therapy week and the occupational therapy office at the hospital will be open to the public from 11:30 a.m. to 1:30 p.m. today, (Wednesday). (Herald Photo)

## Hospital Occupational Therapists help with the challenges of life

Occupational Therapists play an important role in helping people with disabilities to lead independent lives. During Occupational Therapy Week (October 21-28) therapists at Georgetown and District Memorial Hospital are promoting their services to the Hospital and Community. An Open House will be held in Occupational Therapy at the hospital Wednesday, October 23, 1991 from 11:30 to 1:30 p.m.

Find out how Occupational Therapists:

- educate patients in stress management techniques
- help a stroke patient learn new techniques for performing everyday tasks such as cooking or dressing
- fabricate thermo plastic splints to support painful arthritic joints
- recommend modifications to home environment to help an elderly person retain their independence in the community

Occupational Therapists step in when daily living becomes a challenge at home, work or play. They use activities and life situations to restore or maintain physical or emotional health. Here are some examples of how Occupational Therapists have helped people with various disabilities:

Cathy had problems with numbness in her hands and pain which woke her up at night. Her doctor referred her to Occupational Therapy for a splint for carpal tunnel syndrome. A light weight plastic wrist splint was made for Cathy to wear at night, and during the day for heavy tasks. The splint supported her wrist, but allowed full movement of her thumb and fingers. Cathy noted improvement in her symptoms after a few days of wearing

hers splint.

Joe caught his hand in a machine at work and suffered extensive damage to bone, tendons, nerves and muscles of his hand. After reconstructive surgery he was referred to Occupational Therapy to regain the use of his hand. After a thorough assessment, his therapist started him on a program of activities to increase his movement and strength, and to overcome his pain and fear of using his hand.

Specialized techniques were used to facilitate recovery of the sensation in his hand. A splint helped to stretch out stiff joints and Joe was given an extensive home program to follow. After several months of intensive therapy he was ready to return to work. His therapist recommended modifications to his job to accommodate his residual disability.

Brian reported a sharp pain in the centre of his heel, especially when he got up in the morning. He worked in a factory where he walked on concrete floors most of the day. He was referred to Occupational Therapy for treatment of Plantar Faciitis. A heel cup was made of plastic to support his heel and the arches of his foot. He could use the heel cup in most of his shoes. Brian was also

advised about selection of supportive shoes with good cushioning for work and leisure activities.

Mary was referred to Occupational Therapy for treatment of Rheumatoid Arthritis. Hand splints were made to rest her painful joints along with working splints to support those joints, by changing the way she performed some daily activities. She also learned the importance of good planning and time management for persons with arthritis. The therapist recommended using products such as non-slip pads and enlarged handles designed especially to make everyday tasks easier.

Occupational Therapists are rehabilitation professionals with a holistic outlook i.e. client's total function. They work with individuals of all ages to achieve independence in the areas of self-care, work and leisure. Occupational Therapists work in a variety of settings: hospitals, schools, industries, community programs and private practice.

Hazel Vaz - 15 years experience Occupational Therapy.

Jean Gravelle - 10 years experience.

For more information call Occupational Therapy, Georgetown and District Memorial Hospital at 873-0111 (ext 1111).

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BOOK EARLY TO AVOID DISAPPOINTMENT

## Open Door is back in full swing

By SCHEEPERS-NEVINS  
Herald Special

The Open Door is in full swing once again, starting its eighth year providing service to Georgetown's youth.

The Youth Centre at St. George's Anglican Church beside the high school is committed to promoting well-being and healthy living for teens. To that end we have connected with David Nagy of the Housing Registry to meet the housing needs of troubled youth. As well, Kelly McDonnell, community development coordinator for North Halton, strives to work closely with Open Door to strengthen services for Acton and Georgetown. Along with our ties to referral agencies already in

existence, Open Door is trying to encompass as many areas of concern to help break the cycle of unhappiness.

Newly aboard the Open Door is Sheri-Lyn Roy. Sheri comes to us with a degree in recreation and leisure. Her interest in youth is evident from her work as Summer Programs Coordinator with the Halton Hills Recreation and Parks Department. Her knowledge and enthusiasm will be great assets to both the Youth Centre and the Young Parent Program.

The Young Parents Program has another dimension with the addition of ceramics. Lynn LeMay from Glen Williams has generously donated her time and energy to teach and

demonstrate the art of ceramics. It has become a wonderful way for teenage mothers to use their creativity, channel their energy and build self-esteem by completing a piece each session. Special thanks to Lynn LeMay of Lynn's Ceramics.

Furthermore, the teen education and motherhood program operating out of Cedarvale Park is fast becoming necessary for teenage mothers to further or finish their education. Open Door is involved with the T.E.A.M. program to monitor needs and give support to young pregnant women.

In short, Open Door is worthwhile. Open Door is growing in scope. Open Door believes that "kids are worth it."

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