



Occupational Therapy Services for

Cancer

People who are currently receiving treatment for cancer, or those living with or beyond cancer, receive occupational therapy services to help them manage fatigue, pain, mental health, and cognitive symptoms that keep them from doing the things they want or need to do each day.

Occupational therapy practitioners work with clients to:

- Set goals for things that are important to them
- Manage pain and lymphedema (swelling)
- Reduce or manage fatigue (feeling tired)
- Manage symptoms and effects of anxiety and depression
- Adapt routines and activities at home and at work
- Improve memory, attention, and the ability to manage daily tasks
- Design routines that help save physical and mental energy
- Improve sleep without medication
- Address concerns about sexual intimacy
- Increase physical activity

What You Can Do



Ask yourself if cancer or treatment-related symptoms are affecting your daily life



Ask your care provider for occupational therapy services

Resource: [Braveman, B., & Hunter, E. \(2017\). Occupational therapy practice guidelines for cancer rehabilitation with adults. AOTA Press.](#)