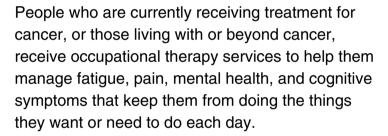


Occupational Therapy Services for

Cancer



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: <u>Braveman, B., & Hunter, E. (2017).</u>

<u>Occupational therapy practice guidelines for cancer rehabilitation with adults. AOTA Press.</u>