

# Considering Community Health Services Occupational or Physical Therapy?



## IS THERE A NEED?

Is a referral to Community Health Services Occupational Therapy (OT) or Physical Therapy (PT) appropriate?

### THE PATIENT:



- Is expected to improve with a **time-limited focus on goal-oriented functional rehabilitation**
- Has advanced and complex equipment needs
- Is not eligible for and/or cannot tolerate attending outpatient or clinic services due to frailty, etc.



- Requires a fall assessment specific to their clinical diagnoses and functional performance
- Has complex mobility issues or difficulty with multiple transfers
- Is eligible for [Community Rehabilitation Services](#) as per the Ministry of Health



### THE ASSESSMENT AND INTERVENTION:

- **Optimizes independent function and safety in the home environment**
- Must occur in the home environment
- Will be comprehensive and goal-focused

## OT OR PT: WHICH SERVICE IS NEEDED?

### REFER TO OT WHEN:

Client has complex **physical, cognitive, and/or environmental** needs, and requires OT to optimize:

- Activities of daily living (ADLs)
- Instrumental activities of daily living (IADLs), such as:
  - Power mobility for community access
  - Cognitive strategies for independent living
  - Home accessibility

### REFER TO PT WHEN:

Client has complex **physical impairments and functional mobility** needs and requires PT to optimize:

- Recovery from an acute fracture, injury, illness, surgery, or exacerbation of chronic disease
- Mobilization in the home (locomotion, gait, transfers, activity tolerance, stairs)

## IS A HOME SAFETY ASSESSMENT REQUIRED?

If assessment for home safety, fall prevention, or basic equipment is needed, consider interdisciplinary practice. **Note:** Basic equipment includes aids for bathing and toileting, walkers, transport wheelchairs, and bedrails.

### EVERYONE ON THE HEALTHCARE TEAM HAS A ROLE TO PLAY

