

What is Occupational Therapy?

Occupational Therapy is a treatment provided by trained Occupational Therapists that helps individuals achieve independence in all facets of their lives. It gives people the necessary skills for living independent and satisfying lives, and to:

- Acquire experiences of success
- Develop valued goals
- Develop interests
- Identify occupational roles and supporting activities
- Develop the ability to follow routine
- Acquire necessary performance skills
- Integrate values, skills and interests into daily activity pattern
- Develop support systems in physical environment
- Acquire roles or identify alternative roles
- Develop support systems in social environments.



What Programmes Do MWI Occupational Therapists Offer?

MindFrame & PhotoVoice Exhibition

The *MindFrame & PhotoVoice Exhibition* was organised by Occupational Therapists (OT) at MWI. *MindFrame* started as an art exhibit in 2007. *PhotoVoice* was introduced in 2009 and encouraged clients to express themselves through photography and provided clients with photographic training and field trips. Follow-up sessions gave the photographers a chance to discuss their pictures and what they meant. Both photos and commentary were included at the exhibition. We are presently on our second year of running this group as it was such a success last year.

Stronger Living Group

The Stronger Living Group allows our clients to participate in Community Activities on a regular basis. Clients meet once a month at Rock Island to make plans for activities they would like to do. Activities to date include rock climbing, salsa dancing, middle to end walk, kayaking, golf, tennis, fishing, movies, concerts. The group helps clients develop social skills, confidence, improved self esteem and try activities they may not engage in by themselves. It is hoped that clients in this Group will develop the skills and confidence necessary to engage in community activities independently.



Coming Soon!

Wellness Group

This upcoming group is looking to provide opportunities for service users to participate in a program to provide education and opportunities in all areas of wellness. Sessions will be covering stress management, healthy eating, weight loss, sleep, and goal setting etc. Activities will also be included such as yoga, Pilates, volleyball, and walking groups to name just a few.

How Else Do MWI Occupational Therapists Assist Clients?

- Cooking
- Shopping
- Budgeting
- Life Skills
- Employment
- Assessment of ADLs (Activities of Daily Living)
- Development of leisure interests
- Functional Assessments
- Group Home Support
- Assessment and provision of equipment



Occupational Therapists at MWI aim to empower users of our service to capitalise on their strengths, minimise disabilities and lead as ordinary life as possible.

Quote from Stronger Living Group participant:

"I really enjoy the stronger living group - it helps me to get out into the community and helps motivate me to try new things. My favourite activity is going to the movies. I am also looking forward to doing the middle to end walk again this year. It felt very satisfying to finish it last year, even if my legs were sore the next day!"

Quote from PhotoVoice participants:

"It was a good learning experience and fun. I plan to keep taking more pictures in the future."

"When we started the course, I was a little worried about how I was going to pull this thing off. But, as we got going, I realized we were on the right course. Finally, everything turned out just great. What I learned about the course was that it's always good to have people in the picture that you take. I also learned that I enjoy taking landscapes and seascapes. The course ended very quickly, which means I was really having fun!"



Opening the Door to Independence

A Guide to Occupational Therapy at the Mid-Atlantic Wellness Institute



Bermuda Hospitals Board