



OCCUPATIONAL THERAPY

At 1st Care At Home, our dedicated Occupational Therapists are here to empower individuals on their journey to recovery, independence, and enhanced well-being.



YOUR HEALTH IS OUR PRIORITY

Through the therapeutic use of everyday activities, we work alongside you to regain, develop, and maintain the skills needed for daily living and working.



Restoring Independence

Whether it's dressing, bathing, or performing household chores, our Occupational Therapists are skilled at designing personalized interventions to support your ability to manage daily tasks independently.



Empowering Everyday Skills

"Occupation" means more than just a job. It encompasses every meaningful activity that gives life purpose. Our therapists work with you to ensure you can engage in your chosen activities with confidence.



Guiding Post-Surgery Recovery

After recent shoulder surgery or an exacerbation of a previous injury, our therapists provide guidance and exercises to promote healing, regain strength, and restore functionality.



A Path to Empowerment

Through collaboration and individualized care plans, we help you overcome challenges and embrace your potential. Whether you're striving to regain independence or enhance your quality of life, our Occupational Therapy team is dedicated to your success.

If you're experiencing a decline in daily living abilities or seeking support after surgery or injury, reach out to us. Let's work together to enhance your abilities and empower you to live life to the fullest.

www.1stcareathome.com