

Occupational Therapy for the Cancer Patient

As a part of your complete care, your doctor would like you to have occupational therapy to help improve your physical and mental well-being. An occupational therapy evaluation can be done at any point during your care, from the time of your diagnosis and into long-term survivorship.

The Oncology Rehabilitation Department includes occupational therapists with special training to help you manage the side effects of cancer and its treatment. Your occupational therapist will work with you to design a plan to meet your specific needs and goals. The Oncology Rehabilitation Department will schedule an appointment with you, once they receive the order from your doctor.

Occupational Therapy may include activities:

- To improve your independence with self-care and daily living skills
- To manage fatigue
- To improve your fine motor skills and upper body strength
- To manage changes in your memory or concentration
- To manage neuropathy in your hands

What will happen at your occupational therapy appointment?

- Your first appointment will take about 1 hour.
- An occupational therapist will review your medical history and talk with you about your current level of functioning.
- Your plan of care may involve several visits with your occupational therapist, or just one visit, to create a program you can do at home.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

Occupational therapy may be covered by your insurance plan. Check with your insurance company about what your plan covers before your first appointment.

Oncology rehabilitation services are available at the following locations:

The Stefanie Spielman Comprehensive Breast Center

Suite 2300

1145 Olentangy River Road

Columbus, OH 43212

Martha Morehouse Tower

2050 Kenny Road, 6th Floor

Columbus, OH 43221

For more information about the Oncology Rehabilitation Clinic, call **(614) 293-0043**.