

Meet Our Occupational Therapist Staff--One of the Finest in America



Some of the most stunning successes at SHC - Chicago are a result of the extraordinary Rehabilitation staff, including physical, occupational, and speech therapists. We recently asked each Occupational Therapist (OT) (photo left) what their personal definition of *occupational therapy* is and why they love what they do. You will enjoy reading their answers.

Debbie (left in photo) - For me, occupational therapy is helping to empower people with skills, knowledge, and tools to be successful in their daily lives. There are so many reasons that I love what I do! I enjoy watching children have success in their meaningful play, work, or self-care activities. Being an OT allows me to be scientific

and creative; one treatment session never looks like the next.

Rachel - Occupational therapy is a health-and-wellness profession focusing on an individual's occupations-- that is, things that are meaningful and purposeful to each individual. OTs help populations across the lifespan become as independent as possible. I love being an OT because we get to see the spark and light in our patients'/clients' eyes when they achieve what they once thought was impossible. We help people reach their goals every day and navigate the challenges of how to meet those goals.

Liz May - An OT helps individuals across the lifespan increase their independence and participation in the things they want, need, and have to do every day. Occupational therapy is the most amazing, rewarding profession! I love helping my patients progress during their rehab stay; it's amazing to watch them reach, and often times, exceed their goals. I love to help my patients re-engage in their communities and occupations. Occupational therapy affords me the opportunity to think creatively and draw from many resources to solve complex problems. This profession makes it exciting and invigorating to come to work every day!

Kate - OTs work with people of all ages to help them be as independent as possible in their daily activities, not only what they need to do, but what they want to do in life. We help them live life to the fullest with an illness, injury, or disability and often times come up with practical solutions to overcome challenges, allowing them to reach their full potential in life. I love working as an OT with children and families to help them reach their potential in life and achieve their dreams. I feel as an OT I can use my creative talents daily to help children in many ways, either through coming up with a creative solution to performing their daily tasks easier or teaching them how to use adaptive equipment or to making customized splints.

Kendra - In my own definition, I feel that occupational therapy is providing patients of all ages the opportunity to participate in the activities that they love and activities they feel define them and their daily lives. I love seeing patients have a breakthrough and love seeing the daily progress and the excitement that these accomplishments bring them.

Amy - An OT helps people get back to living their lives in any form needed. It can be as simple as making a splint to help them paint, to re-teaching them how to dress and move. Occupational therapy is helping people be invested and satisfied with their lives and their abilities. I love being an OT because you get to help take a patient through the entire process of healing and rehabilitation. It is very rewarding to see the change in a family who came scared and unsure to feeling ready to be home with their child and help them get back to being a child.

