

Have you or a loved one been struggling with daily tasks like getting dressed, staying organized, or remembering important steps in a routine? These challenges can feel overwhelming—but they may also be signs that neurological occupational therapy can help. Take our quick checklist to see if Neuro OT is right for you

DAILY TASKS

- ☐ Self-care (dressing, bathing)
- ☐ Pet care
- ☐ Household tasks
- ☐ Grocery shopping

WEAKNESS/PAIN

- ☐ Dressing
- ☐ Brushing teeth
- ☐ Preparing meals
- ☐ General independence

FINE MOTOR SKILLS

- ☐ Picking up small items
- ☐ Using zippers/fasteners
- ☐ Handwriting
- ☐ Coordination/dexterity
- ☐ Opening containers

LARGER MOVEMENTS

- ☐ Reaching overhead
- ☐ Balance when reaching low
- ☐ Folding or hanging clothes
- ☐ Getting in and out of the car, tub, shower, or off the toilet

THINKING/MEMORY

- ☐ Organizing daily routine
- ☐ Memory deficits
- ☐ Difficulty focusing
- ☐ Difficulty sequencing tasks

VISION: symptoms handled outside of optometry

- ☐ Bumping into objects
- ☐ Eye-hand coordination
- ☐ Double vision
- ☐ Noticeable vision shifts when moving your head

Reach out today to learn how OT can help you or someone you care about get back to living with more confidence and control.