



Understanding Occupational Therapy for Seniors

Helping you live safely, independently, and confidently at home.

What is Occupational Therapy?

Occupational therapy (OT) helps people do the everyday activities that matter most. For older adults, this may include bathing, dressing, cooking, getting in and out of bed, preventing falls, managing energy, and staying independent at home.

OT vs. Physical Therapy

Occupational Therapy (OT)	Physical Therapy (PT)
■ Focuses on everyday activities	■ Focuses on strength and movement
■ Bathing, dressing & grooming	■ Walking and balance
■ Cooking & home safety	■ Mobility & endurance
■ Adaptive equipment	■■ Exercise programs
♥■ Goal: Independence	♥■ Goal: Improve movement

When Can OT Help?

- After a fall or hospitalization
- Difficulty getting dressed or bathing
- Trouble remembering daily tasks
- Arthritis or joint pain
- Stroke or neurological conditions
- Wanting to stay in your own home safely

How KaAnyi Can Help

KaAnyi provides personalized in-home occupational therapy designed to help older adults stay safe, maintain independence, and continue doing the activities they enjoy most.

Remember: Occupational therapy isn't just about recovery—it's about living life as fully and independently as possible.

KaAnyi

Helping adults remain safe, independent, and confident at home.
www.kaanyi.com