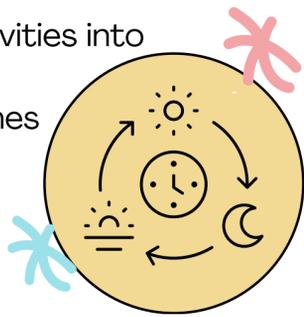


HOW OCCUPATIONAL THERAPY PROMOTES HEALTHY AGING



1 Development of healthy habits & routines

- Establishing consistent sleep and wake routines
- Creating daily walking or exercise programs
- Incorporating social activities into weekly schedules
- Building meal prep routines to support nutrition



2 Body Mechanics & Energy Conservation Training

- Teaching safe lifting/carrying techniques for older adults and caregivers
- Educating on pacing strategies during ADLs (e.g., dressing, bathing)
- Using rest breaks and joint protection during housework
- Reorganizing spaces to reduce excessive bending or reaching



3 Training in use of alternative strategies & Assistive Technology

- Recommending mobility aids (walkers, scooters, canes)
- Introducing voice-to-text or enlarged keyboards for communication
- Adapting hobbies (gardening with raised beds, cooking with adaptive utensils)
- Setting up smart-home tech for lighting and safety



4 Training & Support for caregivers

- Demonstrating safe transfer and repositioning techniques
- Teaching positioning for comfort and pressure relief
- Embedding stretching/ROM into daily care routines
- Coaching caregivers on use of adaptive equipment for feeding, dressing, or toileting



5 Additional Resources

OTA Health Promotion Fact Sheet:
<https://dl.icdst.org/pdfs/files3/720af4732febd85275a7496ae9559365.pdf>

OTA Official Document on Health Promotion:
<https://research.aota.org/ajot/article-abstract/74/3/7403420010p1/6636/Occupational-Therapy-in-the-Promotion-of-Health?redirectedFrom=fulltext>

United States office of Disease Prevention Website:
<https://odphp.health.gov/our-work/national-health-initiatives/healthy-aging>

