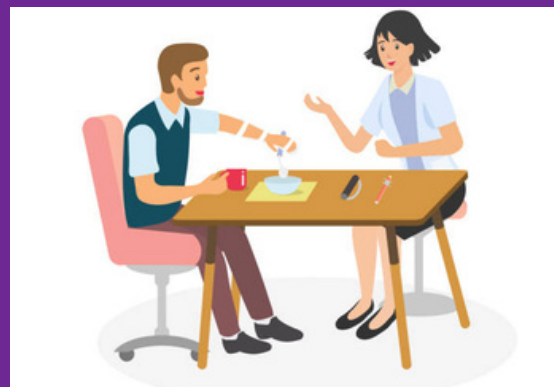




What is Occupational Therapy (OT)?

Dealing with a chronic condition like Systemic Lupus Erythematosus (SLE) can be challenging. Having to balance being a parent, caregiver, student, employee, and all the other important roles on top of a chronic condition can be stressful and difficult to manage, WE HEAR YOU.

OT services help those of all ages no matter what stage in life they are in. Your life is made up of occupations, whether it is dressing, bathing, cooking, shopping, or driving. Any activity that is meaningful to an individual is considered an occupation. We typically do not think of our occupations until we have trouble doing them due to a illness, injury, or accident. OT's can help individual's increase their quality of life by adapting and finding new strategies to help ease symptoms of lupus while also remaining independent.



Managing Lupus

**WITH
OCCUPATIONAL
THERAPY**

Where can I receive Occupational Therapy services?

Occupational Therapists work in a variety of settings including: hospitals, outpatient facilities, school, work settings, skilled nursing facilities, community centers, health care facilities. OT's can also provide services within your own home.



How do I schedule an Occupational Therapy visit?

Contact your primary physician to ask more information about OT and to determine if services are a good fit. They can provide a referral for OT services.

HOW OT CAN HELP LUPUS PATIENTS

1. Adapt one's home environment through modifications to address joint and muscle pain.
2. Educate on energy conservation skills to address fatigue
3. Incorporate & teach health management strategies activities such as exercise, medication management, & relaxation techniques.
4. Educate on coping strategies and lifestyle adaptations to support psychosocial and physical health and well-being.
5. Educate and teach how to use adaptive equipment to reduce pain and protect joints and to conserve energy.

OT TIPS FOR LUPUS PATIENTS

Joint Protection

JP principles are a series of techniques/strategies which can be included in many of daily tasks. It can reduce stress, strain, and further damaged to weakened joints.

- **Respect for pain**
 - Pain is a good guideline that you are doing too much and need to take a break
- **Balance activity and rest**
- **Avoid activities which cannot be stopped**
- **Use larger and stronger joints and muscle groups for activities when possible**
 - Use two hands to carry items instead of one
- **Avoid staying in one position for extended periods of time**
- **Maintain proper body mechanics**

Home Modifications

OT's can provide home modification recommendations so the client can fully optimize their space that is relative to their abilities and promote full participation.

- Keep frequently used items in reach, organized, and at a comfortable height
- Consider placing frequently used items on the main floor
- Installing or purchasing a bed rail, grab bars, or elevated toilet seat can help those with joint pain
- Reduce clutter to make your living space easier to navigate. Get rid of unused decorations, boxes, and furniture.

Adaptive Equipment

OT's can recommend reasonably priced adaptive equipment to improve functional capabilities, decrease stress on joints, and find ways to conserve valuable energy. Check out your local store or online for some adaptive equipment:

Examples: 1. Dycem Jar Opener ; 2. Easy Grip Handles; 3. Raised Toilet Seat; 4. Button & Zipper Aid



Although lupus is incurable, Occupational Therapists are educated & qualified to aid those with lupus to ease their symptoms and increase quality of life. You do not have to go through it alone.



Contact Us



(408) 954- 8600



outreach@lfnc.org



<https://www.lfnc.org/>



2635 North First Street, Suite
211, San Jose CA 95134