

# Rehabilitative Services

Careers

# Objectives

- 4.2.a. Identify the following rehabilitative careers and describe their respective educational requirements, including licensure/certification, and job responsibilities:

Physical Therapist

Physical Therapy Aide

Occupational Therapy Assistant

Speech Language Pathologist

Recreational Therapist

Art Therapist

Physical Therapy Assistant

Occupational Therapist

Occupational Therapy Aide

Audiologist

Music Therapist

# What is rehabilitative services?

Often referred to as “rehab”, these health care workers help people who have been disabled by sickness or injury or by a birth defect.





# Rehab Services Careers

- Goal is to help people develop or recover as many of the abilities for ADLs as possible.
- Rehab workers can help people after a disabling injury or chronic illness.
- They help patients to function as independently as possible.
- Everything possible is done to minimize the complications of the injury or illness

# Rehab Services Careers

- Physical therapist
- Physical therapy assistant
- Physical therapy aide
- Occupational therapist
- Occupational therapy assistant
- Occupational therapy aide
- Speech language pathologist
- Audiologist
- Recreational therapist
- Music therapist
- Art therapist

# Physical Therapy

- Examining and treating problems that affect pt's abilities to move and function in their daily lives.
- PT, PTA, PT aide



# Physical Therapist (PT)

## *Job Responsibilities:*

- Assess pts who, through accident, illness, or birth defect, are injured or disabled. They examine their medical histories & then test & measure their strength, ROM, balance & coordination, posture, muscle performance, respiration, & motor function.
- Then develop a treatment plan in which they describe a treatment strategy, its purpose, and anticipated outcome. Treatment modalities may include therapeutic exercise, massage, & the application of heat, cold, electrotherapy & ultrasound.
- They evaluate a pt's ability to be independent & to reenter the community or workplace after injury or illness.
- They may work with orthopedic, pediatric, and geriatric pts

# Physical Therapist (PT)

## *Educational Requirements:*

- Bachelor's degree or 3 years of pre-PT courses must be taken before the student can advance into a 3-year Doctor of Physical Therapy (DPT) program

## *Licensure/Certification:*

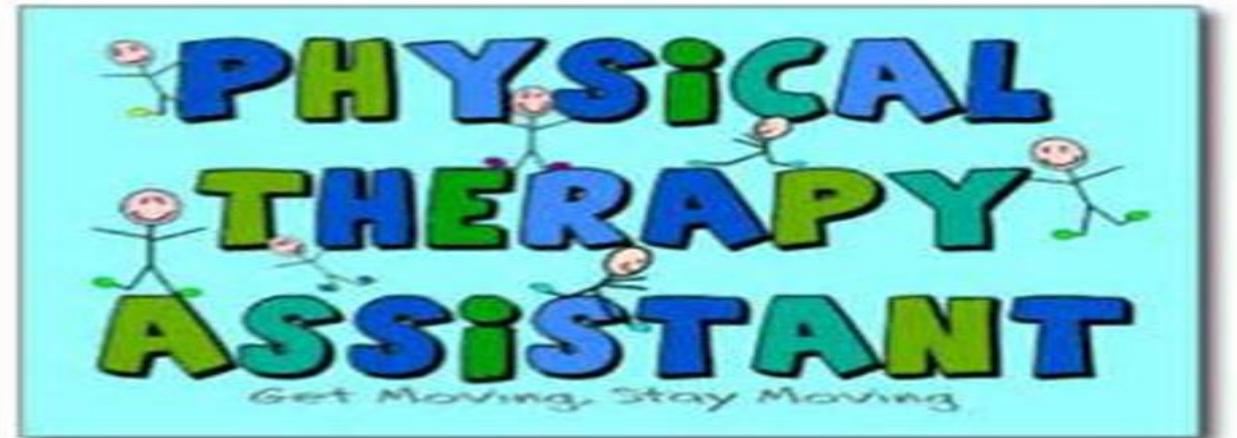
- Pass licensing exam



# Physical Therapy Assistant (PTA)

## *Job Responsibilities:*

- Performs components of PT procedures and related tasks selected by a supervising PT
- Help PT's provide services that improve mobility, relieve pain, and prevent or limit permanent physical disabilities



# Physical Therapy Assistant (PTA)

## *Educational Requirements:*

- 2 year associate degree program

## *Licensure/Certification:*

- Licensing or certification is not required in all states



# Physical Therapy Aide

## *Job Responsibilities:*

- Work under the direct supervision of a PT or PTA
- Help make therapy sessions more productive by keeping the treatment area clean & organized & preparing for each pt's therapy
- They can not perform the clinical tasks of a PTA
- May perform clerical tasks, such as ordering supplies, answering phones, filling out insurance forms and other paperwork.



# Occupational Therapy

- The field of occupational therapy began after WWI when it was found that soldiers who were given handwork and tools recovered faster.
- The occupational therapy team assesses a pt's physical or mental problems and then helps them regain, develop, or master everyday skills such as dressing, grooming, bathing, and eating.
- Their goal is to help pts have independent, productive, and satisfying lives.
- OT, OTA, OT Aide



# Occupational Therapist (OT)

## *Job Responsibilities:*

- Help pts develop, recover, maintain, or improve their ability to perform tasks in their daily living & working environment and improve basic motor functions & reasoning abilities
- Help pts compensate for permanent loss of function
- Assist pts in performing all types of activities ranging from using a computer to caring for daily needs such as dressing, cooking, & eating.
- May use treatment modalities such as paper-and-pencil exercises to improve visual acuity; exercises to improve hand-eye coordination; encourage pts with short-term memory loss to make lists to aid recall

# Occupational Therapist (OT)

## *Job Responsibilities:*

- May develop computer-aided adaptive equipment & teach pts with permanent functional disabilities, such as spinal cord injuries or cerebral palsy, how to use it
- Can work in schools to provide therapy, modify classroom equipment, and help children participate as fully as possible
- Can work with elderly pts lead more active & independent lives by using adaptive equipment
- Can work in mental health settings with pts time management skills, budgeting, shopping, homemaking, use of public transportation

# Occupational Therapist (OT)

## *Educational Requirements:*

- Master's degree

## *Licensure/Certification:*

- Pass licensing exam



# Occupational Therapy Assistant (OTA)

## *Job Responsibilities:*

- Works under the direction of an OT
- Helps pts with rehab activities and exercises outlined in a treatment plan
- Monitor pts activities to make sure that they are being performed correctly and provide encouragement
- Record the pt's progress for the OT
- Document treatment for billing the pt's insurance

# Occupational Therapy Assistant (OTA)

## *Educational Requirements:*

- 2 year associate degree program

## *Licensure/Certification:*

- Certification is required



# Occupational Therapy Aide

## *Job Responsibilities:*

- Prepare materials and assemble equipment used during treatment
- Answer telephone, restock & order supplies, fill out insurance forms and other paperwork
- They are not licensed and are not allowed to perform tasks that can be done by OTAs

# Occupational Therapy Aide

## *Educational Requirements:*

- On-the-job training

## *Licensure/Certification:*

- No licensing or certification is required



# Speech, Language, and Hearing

- Language is vital to learning and working
- There are many ways to express language including speaking, sign language, and writing
- SLP and audiologist



# Speech-Language Pathologist (SLP)

## *Job Responsibilities:*

- Assess, treat, and prevent communication and swallowing disorders
- Use written and oral tests & special instruments to diagnose the nature and extent of impairment
- Record & analyze speech, language, & swallowing irregularities; then develop an individualized plan of care
- Teach pts with little or no speech capabilities alternative communication methods like automated devices and sign language
- May work with pts who have a variety of speech and language difficulties such as: cannot make speech sounds, have problems with speech rhythm (stuttering), have voice quality problems, have difficulty understanding language, have oral motor problems such as eating and swallowing difficulties

# Speech-Language Pathologist (SLP)

## *Educational Requirements:*

- Master's degree

## *Licensure/Certification:*

- Pass national exam and certification from American Speech-Language-Hearing Association



# Audiologist

## *Job Responsibilities:*

- Assess and treat hearing and balance-related problems
- Use audiometer to measure hearing; exam and clean the ear canal; do audiologic rehabilitation (speech or lip reading)
- Recommend, fit, and dispense personal hearing aids
- Fit and tune cochlear implants & help pts make the adjustment to listening with implant amplification systems
- Conduct research on problems such as tinnitus, hearing loss, & impaired balance system
- Measure noise levels in workplaces and conduct hearing-protection programs

# Audiologist

## *Educational Requirements:*

- Master's degree; Can also obtain a doctorate in audiology

## *Licensure/Certification:*

- Pass national exam and certification from American Speech-Language-Hearing Association



# Recreational Therapy

- Recreational therapy came into use in the late 1940s and early 1950s.
- It was based on the premise that the use of recreation as a therapy tool for treatment has merit
- It uses leisure activities to improve health and well-being
- Main purpose is to restore function and independence and to ease or undo the effects of illness or disability

# Recreational Therapist

## *Job Responsibilities:*

- Help pts recover basic motor functioning and reasoning abilities; build confidence; & socialize effectively
- Treat pts with physical and mental problems reduce depression, stress, and anxiety
- Treatment may include arts & crafts, music, drama, animals, sports, & games
- Help pts with disabilities integrate into the community by assisting them in the use of community resources & recreational activities
- In long-term care facilities, they may use group leisure programs to improve and maintain general health and well-being

# Recreational Therapist

## *Educational Requirements:*

- Bachelor's degree is preferred

## *Licensure/Certification:*

- Must complete an internship and then pass a written test to become certified by the National Council for Therapeutic Recreation Certification



# Music Therapy

- Use music interventions to accomplish individual goals
- Music therapy interventions can be designed to:

promote wellness

manage stress

alleviate pain

express feelings

enhance memory

improve communication

promote physical rehabilitation



# Music Therapist

## *Job Responsibilities:*

- Assess the strengths and needs of pts
- Designs treatment plan for pts that may include creating, singing, moving to, and/or listening to music
- May work with people of all ages with various disabilities and can be employed in many different settings such as general & psychiatric hospitals, community mental health agencies, rehab centers, nursing homes, school

# Music Therapist

## *Educational Requirements:*

- Bachelor's degree or higher in music therapy and 1200 hours of clinical training

## *Licensure/Certification:*

- Pass the national board certification exam



# Art Therapy

- Uses art media, the creative process, and the resulting artwork to explore pt's feelings, reconcile feelings of sadness, anger, guilt, or self-destructive tendencies, reduce anxiety, develop social skills, increase self-esteem
- Goal is to improve or restore a pt's functioning and his or her sense of well-being



# Art Therapist

## *Job Responsibilities:*

- Have pts create art and then interpret the symbolic expression communicated in artwork
- Work with pts of all ages experiencing many different health problems, disabilities or serious illness such as traumatic brain injury, autism, Alzheimer's, learning & physical disabilities, addiction & substance abuse, grief & bereavement therapy.

# Art Therapist

## *Educational Requirements:*

- Master's degree

## *Licensure/Certification:*

- Licensing depends on the state, but can be Board Certified after passing a written exam



# Review Questions:

- Which professional would evaluate a baby who was having difficulty swallowing?
  - A) Audiologist
  - B) SLP
  - C) OT
  - D) PT
  - E) Recreational Therapist
  - F) PTA
- Which professional develop a treatment plan of exercises to regain a pt's strength and ROM after a knee replacement?
- Which professional would assist a pt adjusting to a cochlear implant?

# Review Questions:

- Which professional would use groups leisure programs to improve a pt's sense of well-being?
  - A) OTA
  - B) PT aide
  - C) OT
  - D) PT aide
  - E) Recreational Therapist
  - F) PTA
- Which professional would assist a stroke pt with exercises developed to regain their ability to feed themselves?
- Which professional would help with clerical duties?