IDA-TALLINNA KESKHAIGLA

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# Occupational therapy

**Occupational therapy involves teaching the patient the skills necessary for coping with everyday life. The goal is to assist the patient in coping with everyday activities as independently and safely as possible.**

In the case of hand and wrist problems, we carry out hand therapy sessions, make hand and finger orthoses and provide counselling as to the selection of orthoses.

During occupational rehabilitation, occupational therapists can use a special training apartment for conducting therapy sessions

The training apartment consists of a small kitchen area opening to the living room, a bathroom and a bedroom. The apartment is used to teach and practise skills needed for independent living. Also, our specialists provide counselling on customised aids and provide instruction on how to use them.

With a referral, the service is free. Without a referral, the service is paid.

**Appointments can be booked:**

- by phone 666 1900 **Mon-Fri 7:30-19:00**
- at the reception
- through the patient portal iPatsient.