

Questions About Occupational Therapy

ALS will alter your physical capabilities over time, and this will impact your ability to perform daily activities. There are assistive devices, durable medical equipment and home or outpatient therapies that can be helpful in maintaining independence. The following are questions to ask an occupational therapist (OT) or other qualified healthcare provider on your care team to better understand how they can support you in adapting to activities of daily living. These questions may be answered over a series of visits.

There is often a lot of information to absorb during a clinic visit. Take a family member or friend with you who can take notes, and ask your care team whether you can record your visit so you can listen to their answers and advice again at a later time.

Provider Name:

Provider Contact Information:

1. Can you tell me about your experience working with ALS patients?

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2. Can you help me identify ways to maintain independence as my disease progresses?

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3. What parts of the body do you work with? For example, do you handle the upper body, lower body or both?

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4. How will I need to prepare in advance for my appointment?

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5. Will you be able help me increase and strengthen my meaningful function?

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6. Will you educate me about adaptive equipment?

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7. Will you provide me with the necessary resources to access adaptive equipment?

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8. Will you provide me with an individualized care plan?

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Write down other questions you have:

1.

2.

3.

4.

5.

I AM ALS does not provide medical advice. Please discuss questions and decisions related to your diagnosis and medical care with your health care team.

