



Occupational therapy for long Covid-19

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Te Whare Wānanga o Ōtago
NEW ZEALAND



Occupational therapists help people do what matters in their lives by...



Doing

Helping people compensate for existing functional limitations during recovery



Being

Using occupations *as therapy* to treat both primary and secondary symptoms such as cognitive fog, fatigue, pain, anxiety, demoralisation, depression



Becoming

Identifying end goals of therapy by establishing what matters to people, such as resuming work - then developing plans to achieve them