

# How Do I Know If I Could Benefit From Therapy?



Ask yourself the following questions as you ponder whether or not you might benefit from therapy services.

- Is it taking longer to walk to visit my neighbor?
- Is it more difficult to get out of a chair without using my hands to push up?
- Is it taking longer to get myself dressed in the morning?
- Am I having more pain after sleeping on my back all night?
- Is it more difficult to turn the pages of my book?
- Do I feel unsteady when I make quick turns or reach down to retrieve an item?
- Do I find it more difficult to reach into my closet to retrieve my clothing?
- Am I having more difficulty with the fasteners on my clothing?
- Am I having difficulty getting on/off the activity bus for outings?
- Am I finding myself not signing up for outside events like concerts, movies, etc. because I am unsure of my ability to safely get around?
- Am I no longer participating in activities that I typically enjoy because I lack the energy and endurance to walk to the event and back?
- Am I planning my life around my urinary incontinence?
- Am I having difficulty remembering activities during the day that I wanted to attend?
- Am I having trouble saying what I want to say?
- Am I having difficulty swallowing at meals or when taking my medications?
- Am I getting choked when I drink water?

**If you answered “yes” to any of the questions above (or similar ones) then you could benefit from outpatient therapy services. Discuss your concerns with your physician and request a prescription for outpatient therapy services if he/she agrees. Remember that you have access to therapy services right here on campus and can receive them in the clinic or in your own home.**

