



## About Lake Centre for Rehab

Lake Centre for Rehab (LCR) is a leader in providing individualized physical, occupational, and speech therapy services with locations in Lake, Sumter and Marion Counties. Family owned since 1978, our mission is simple — Returning you to a healthy, active lifestyle!

LCR is a Medicare-certified rehab agency and also accepts most insurances, workers' compensation, and private pay.

## Occupational Therapy Locations

### Spanish Plaines

1400 US Hwy. 441 N, Suite 830  
The Villages, FL 32159  
Phone: (352) 753-6999  
Fax: (352) 259-0002

### Lake Sumter Landing

910 Old Camp Road, Building 100  
The Villages, FL 32162  
Phone: (352) 259-6750  
Fax: (352) 259-6780

### Leesburg

600 North Boulevard, W, Suite D  
Leesburg, FL 34748  
Phone: (352) 728-6636  
Fax (352) 728-1322

### Highland Lakes

26540 Ace Avenue, Suite 110B  
Leesburg, FL 34748  
Phone: (352) 314-9810  
Fax: (352) 314-9878



# OCCUPATIONAL THERAPY



## SKILLS FOR THE JOB OF LIVING

*Find us on the web*  
[www.golcr.com](http://www.golcr.com)

## What is Occupational Therapy (OT)?

The American Occupational Therapy Association (AOTA) defines OT as a therapy that helps people function in all of their environments, such as home, work, and community by addressing physical difficulties through occupations.

## Occupational Therapy can help you to adapt to chronic illnesses:

The CDC estimates that 1 in 10 Americans experience limitations in daily living activities and participation in the community due to a chronic disease.

- » Arthritis
- » Neurological Disorders
- » Low Vision
- » Stroke
- » Traumatic Brain Injury



## How can an OT help me?

OT's are experts in function, helping you to return to your previous level of function or gain your highest level of independence after an injury. They are able to do this through individualized evaluations and customized interventions specific to your needs.

## What can an OT session include?

### We will assess:

- Your current level of function and physical deficits
- Recommendations on adaptive equipment and training in their use
- Recommendations on modifications to daily activities for you and your caregivers
- A comprehensive home exercise program to help maintain or improve your current level of function

**OT focuses on matching your skills to demands of your active lifestyle by modifying tasks, teaching alternatives, and educating YOU and your family in order to increase participation in and performance of daily activities, particularly those that are meaningful to YOU and YOUR GOALS.**



## How to Get Started

1. Talk to your doctor about your symptoms.
2. Ask for an Occupational Therapy referral.
3. Ask your physician's office if they can fax an order for OT to our scheduling department at (866) 882-3929.
4. Contact us to schedule an appointment.
5. Medicare and other major insurances accepted.

***We Specialize in Improving Your Quality of Life***