



Rehabilitation Services

September 23, 2026

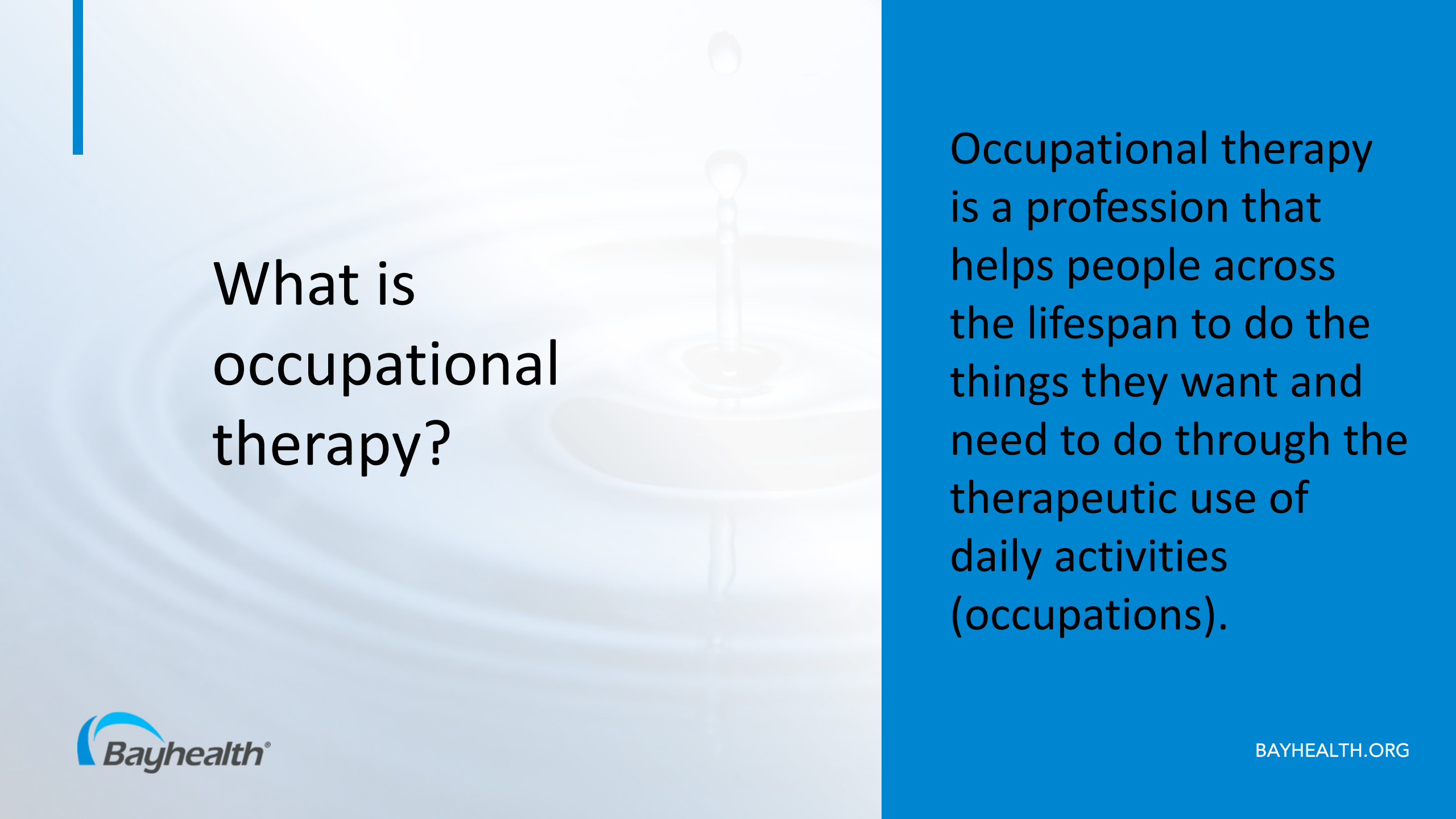
**Sharon Stankovits OT
Melissa Krempasky SLP
Victoria Zeitler PTA**





Sharon Stankovits, MSOTR/L, OTD, CHT, CMOT

- 26+ years of experience as an Occupational Therapist
- 16+ years of experience as a Certified Hand therapist
- Graduate of Rutgers College with Bachelor of Science in Exercise Science
- Graduate of Boston University with a Masters of Science in Occupational Therapy
- Graduate of Mount Mary College with a Clinical Doctorate in Occupational Therapy
- Why I love my job: I enjoy getting to know people and learning what makes them tick and then work with them to help them do what they want to do, and I am also fascinated by human anatomy and the intricate function of the upper extremities and hands
- When not at work, I enjoy going to concerts, building fairy houses, walking, sewing, and spending time with friends

A background image showing a water droplet falling and creating ripples on a light blue surface. The droplet is captured mid-fall, with a small splash forming below it. The overall tone is clean and refreshing.

What is occupational therapy?

Occupational therapy is a profession that helps people across the lifespan to do the things they want and need to do through the therapeutic use of daily activities (occupations).

Eight Occupations



ADLS



IADLS



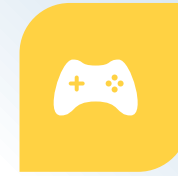
REST AND
SLEEP



EDUCATION



WORK



PLAY



LEISURE



SOCIAL
PARTICIPATION

What did you do this morning?

Did an alarm wake you up? Did you sleep enough?

Did you go to the bathroom after you woke up?

Eat breakfast? Make breakfast?

Get dressed?

Brush teeth? Brush hair?

Shower?

Do schoolwork?

What can get in the way of engaging in occupations?



Developmental Delay



Illness



Injury



Mental health



Aging

What do OT's do?

Evaluate

- Evaluate clients to see what occupations they are having difficulty with

Analyze

- Analyze the reasons why they are having difficulty
 - Person, Environment, Activity

Implement

- Implement treatment plans that include practicing parts of occupations, to improve ability to participate in needed occupations

Evaluate the Client

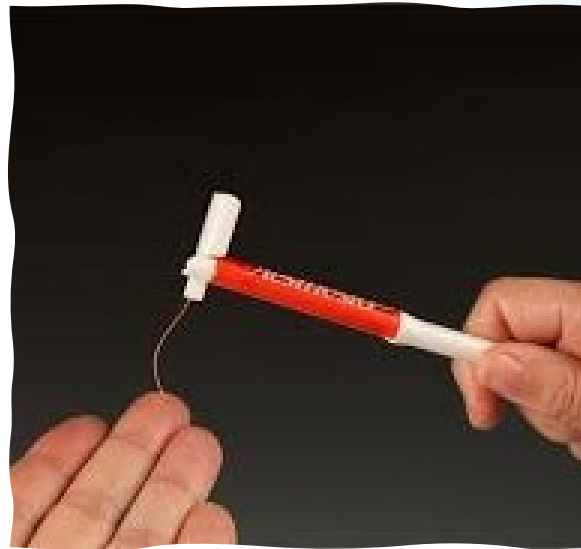
Client's strengths and weaknesses

Strength/ROM

Vision

Cognition

Sensation



Analyze the Environment



Can supports be added or modified to help the client?

Ramp, grab bars

Adaptive equipment: bedside commode, Reacher, button hook

Technology

Caregiver support

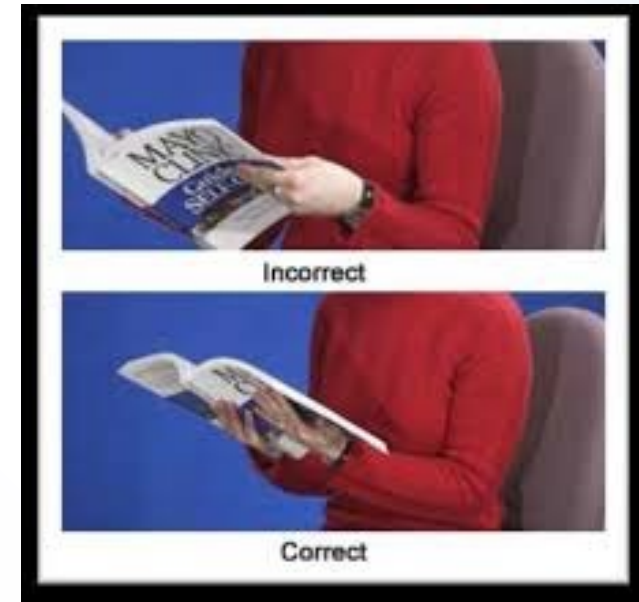
Visual aids



Analyze the Activity

Can the occupation or activity be modified for the client?

E.g. sit instead of stand to complete meal preparation, carry less grocery bags in at a time, take rest breaks during cleaning task



Pediatrics



DEVELOPMENTAL
DELAYS, INJURY,
ILLNESS



NICU/INFANTS:
FEEDING,
POSITIONING



TODDLERS: PLAY IS
MAIN OCCUPATION



Ages 3-5 years



SOCIAL
PARTICIPATION
WITH PEERS



DRESS SELVES,
FEED SELVES



PRESCHOOL: SIT
AT DESK, TAKE
TURNS, FOLLOW
RULES



PLAY WITH
OTHERS



Ages 6-12



Self care independent and automatic: shower, dress, brush teeth



Education main occupation along with leisure/play interests



Ages 12-18



PEER
ACCEPTANCE
AND
RECOGNITION
IS OF VITAL
IMPORTANCE



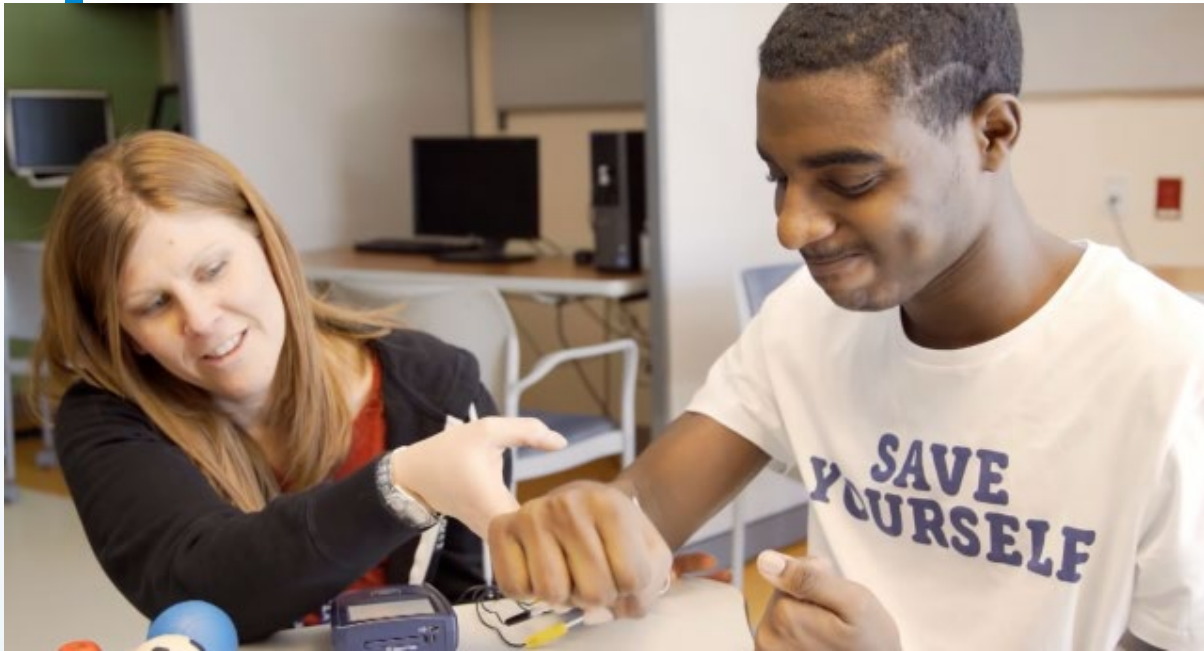
UNDERSTANDS
ABSTRACT
CONCEPTS



EDUCATION
PRIMARY
OCCUPATION
ALONG WITH
LEISURE AND
SOCIAL
PARTICIPATION



WORK



Adults

- Education, Work, IADLs primary occupations
- ADL's automatic
- Injury and Illness impact ability to perform needed tasks





Older Adults

- Normal aging changes: vision changes, hearing changes
- Illness and Injury
- Retirement



Education

COTA-Certified Occupational Therapy Assistant

- Associates Degree
 - Fieldwork/Internship
 - NBCOT exam for OTA
 - State license/CEU

OTR-Occupational Therapist Registered

- Masters Degree or Clinical Doctorate
 - Fieldwork/Internship
 - NBCOT exam for OT
 - State license/CEU

Professional life: where do OT's work?

- Early Intervention
- Schools
- Hospitals
- Acute Rehabilitation
- Skilled Nursing Facilities
- Home Health
- Outpatient Clinics
- Mental Health Clinics
- Community
- Academia

What does a typical day for an OT look like

Does involve paperwork, need to be able to document appropriately for various audiences

Physicians, insurance, clients



Most time is not spent at a desk

Spend time interacting with client

Client will be doing activities, so the therapist is also up and about

Specialties in Occupational Therapy

- Four OT Board Certifications-Specialties in OT
 - [Gerontology](#)
 - [Mental health](#)
 - [Pediatrics](#)
 - [Physical Rehabilitation](#)
- Certified Hand Therapist

<https://www.aota.org/career/advanced-certification-program/board-certified-practitioners>

<https://www.htcc.org/>

Qualities and Characteristics Needed to be a Successful Occupational Therapist



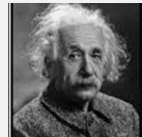
Flexible/Adaptability



Empathy/Patience



Personable/Good Communication



Problem Solving/Creativity



Melissa M. Krempasky, MS CCC-SLP, Supervisor

- 20+ years of experience as a Speech Language Pathologist
- Supervisor of Speech Language Pathology at Bayhealth Medical Center
- Graduate of Clarion University of Pennsylvania with Bachelor of Science and Master of Science Degrees in Communication Sciences & Disorders
- Passion for helping adults with acquired Communication & Swallowing Disorders with specialization in Voice Rehabilitation
- Lives in Maryland with her spouse, her dog, several cats, 3 pet goats, and an outdoor bunny
- When not at work, enjoys sewing, embroidery, and helping with event planning for her friend's donkey farm



SPEECH PATHOLOGY



SPEECH PATHOLOGY

- Assess, Diagnose, Treat disorders related to: Speech, Language, Cognitive-Communication, Swallowing, & Voice
- Infants/Toddlers, School-aged children, Adults, Seniors
- Early intervention, Home Healthcare, Schools, Hospitals, Clinics, Private Practice Sites

AREAS OF FOCUS

Speech- pronunciation and formulation of sounds into words

Language- Ability to understand (receptive language) and formulate (expressive language) thoughts into words

Cognitive-Communication- difficulty with mental processes that impact communication and safety (memory, problem solving, executive functioning, attention)

Swallowing- Ability to safely consume foods and liquids to meet nutritional needs or maintain safety (impaired swallowing can result in food going to the lungs, causing Pneumonia)

Voice- the sound made from the vocal cords, can impact quality, volume, pitch

- Infants

- Feeding & Swallowing
- Pre-language (eye contact, turn taking)
- Early understanding (responding to name, simple words)
- Gestures for communication (waving, pointing)

- Toddlers

- Speech Sound Production
- Understanding & Using Words
- Non-verbal communication
 - Can begin to include Alternative Communication Systems

Populations Served

- Infants
- Toddlers



- School-aged Children
 - Speech Sound Production
 - Vocabulary expansion
 - Sentence Formulation
 - Comprehension
 - Fluency (stuttering)
 - Social Communication (pragmatics)

Populations Served

- School-aged Children



- Adults & Seniors
 - Often related to medical conditions- Stroke, Parkinson's Disease, Traumatic Brain Injury, Cancer, Dementia, Aging
 - Communication
 - Cognition
 - Voice
 - Swallowing

Populations Served

- Adults
- Seniors



Speech Pathology in a Medical Setting

Outpatient Therapy

- Evaluation & Therapy with Adults
 - 1 - 2 hour evaluation
 - 45-minute therapy sessions
 - 2-3 x/week
- Videofluoroscopic Swallowing Studies
- Fiberoptic Endoscopic Evaluation of Swallowing

Inpatient Therapy

- Communication and Swallowing Assessments for patients admitted to the hospital (Strokes, Pneumonia, Mental Status Changes, Post- extubation)
- Therapy sessions
- Videofluoroscopic Swallowing Studies
- Fiberoptic Endoscopic Evaluation of Swallowing
- Patient/Family Education and Goals of Care

Videofluoroscopic Swallowing Study



- Completed in Radiology in conjunction with a Radiologist
- Fluoroscopy- moving x-ray in real time
- Audio recording for playback/documentation
- Barium added to food/liquids in order to visualize



Normal anatomy before swallow

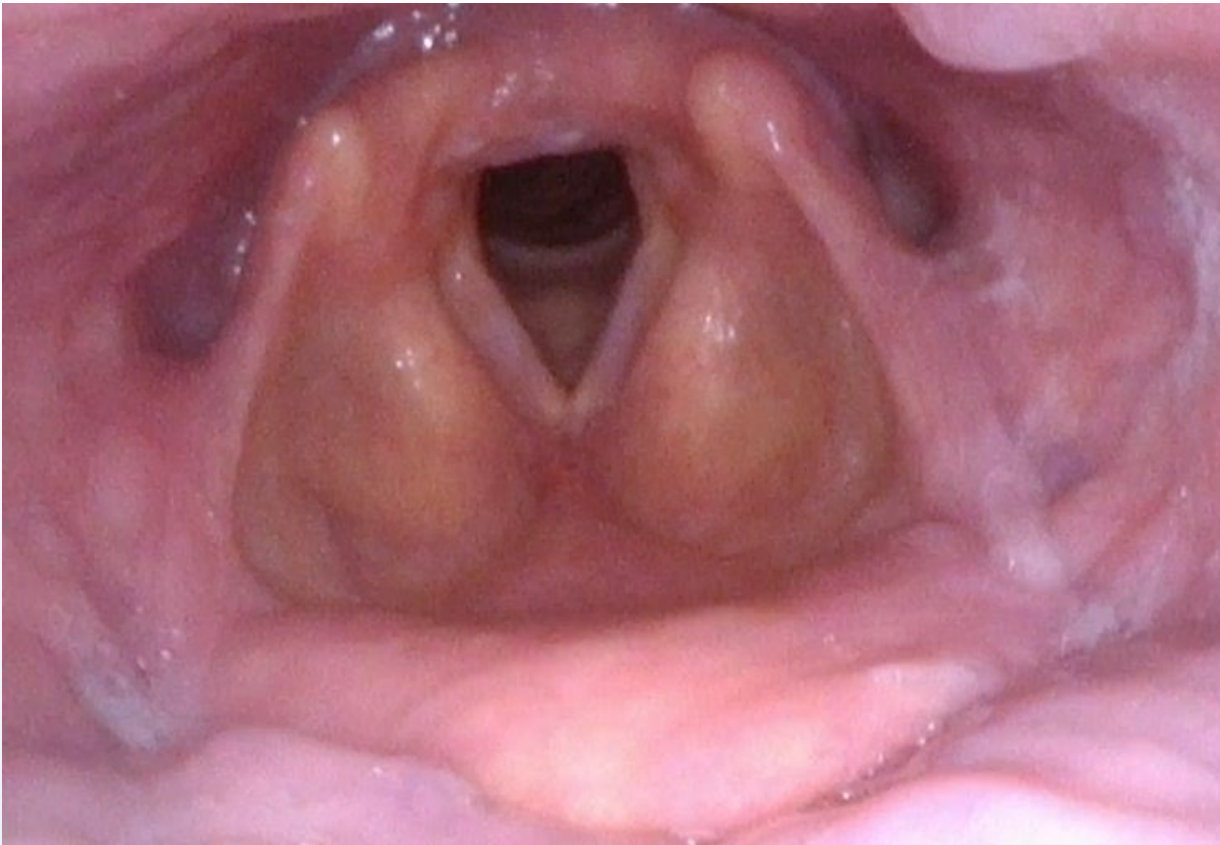
Aspiration into the
airway



Fiberoptic Endoscopic Evaluation of Swallowing (FEES)

- Flexible Scope with Camera inserted through the nose and into the throat
- Audio recording for playback/documentation
- Food coloring added to food consistencies to be able to be visualized





Normal view before the swallow

Aspiration



How to Become a Speech Pathologist



- 1 Get a bachelor's degree**
Most popular major is Communication Sciences & Disorders (CSD)



- 2 Earn a Master of Science in Speech-Language Pathology**
Incorporates the required 400 clinical hours of experience



- 3 Complete a Clinical Fellowship**
Requires 1,260 hours of mentored clinical experience



- 4 Pass the Praxis Exam**
Must score 162 points or higher out of 200 points total



- 5 Get Certified by ASHA & the State**
Secure your license with a CCC-SLP and check state requirements



- 6 Gain More Skills Through CEUs**
Keep learning and stay current with continuing education courses



Victoria Zeitler

Delaware native

- Went through Healthcare and Rehabilitation shop at Polytech
- Graduated with my Associate's degree from Delaware Technical and Community College

Licensed Physical Therapist Assistant since July 2019

- Worked in inpatient rehabilitation, hospital based outpatient, acute care inpatient
- Worked as PRN and full time

Love reading, crafting, and travelling in my free time



PHYSICAL THERAPY

"Treatment provided by a physical therapist or physical therapist assistant that helps people improve their movement and physical function, manage pain and other chronic conditions, and recover from and prevent injury and chronic disease" - APTA



Past to Present

- 435 BC
- Reconstruction Aides in WW1
- Organization now known as APTA est. in 1921
- Modern Day:
 - Maintain or restore function
 - Promote mental, physical, and social health
 - Prevent or improve chronic issues
 - Avoid, prepare for, and/or recover from surgery

Movement Experts

ROLES

• Physical Therapist

Licensed Doctors who examine, diagnose, and treat movement dysfunction

Need:

- High school diploma or GED
- Bachelor's degree
- DPT degree
- Licensure Exam

Can also go into management, research, or specialize in a specific field

• Physical Therapist Assistant

Licensed clinicians who provided physical therapy services under the direction and supervision of a licensed PT

Need:

- High school diploma or GED
- Associate's degree
- Licensure Exam

• Physical Therapy Aide

Non-clinical person who assists with patient care under supervision of a licensed PT or PTA

Fulfills other clerical roles as determined by individual clinics

Some locations may require high school diploma

WORK AREAS



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Settings

- Private practice
- Outpatient clinic
- Schools
- Sports and fitness facilities
- Nursing homes
- Rehabilitation facilities
- Hospitals
- Home Health

Scheduling

- Full time
- Part time
- Traveler
- Per diem

APTA Specialties

- Cardiovascular/Pulmonary
- Clinical Electrophysiology
- Geriatrics
- Neurology
- Oncology
- Orthopedics
- Pediatrics
- Pelvic and Women's Health
- Sports
- Wound Management

Specialties found at Bayhealth

- Lymphedema
- Vestibular
- Pelvic Health
- Dry needling
- Neurology

TREATMENTS



Diagnoses

- Parkinsons Disease
- Stroke
- Spinal injuries/surgeries
- Joint replacements/surgeries
- Chronic pain
- Fall/Balance
- Vertigo
- Lymphedema
- Sprains/Strains/Impingement

Interventions

- Manual
 - Joint mobilizations
- Exercise
- Neuromuscular Reeducation
 - Balance
 - Cognitive/dual tasking
- Therapeutic Activities
 - Steps
 - Floor transfers
- Gait Training
 - Assistive devices
 - Gait mechanics

Modalities

- Heat
 - Paraffin
- Cold
 - Ice massage
- Laser
- Ultrasound
- Dry needling
- Cupping
- Electrical Stimulation
 - TENS
 - NMR
 - Iontophoresis



DAY TO DAY

• Inpatient

- Determine which unit needs assistance
- Assign myself 1-3 patients that need to be seen
 - High priority, not seen recently, updated note for insurance
- Chart review
- Talk with care team as needed
 - RN, SW, doctor, PT, OT/COTA, SLP
- Treat patient if medically appropriate
- Follow up with care team as needed
- Document
- Repeat
- Be flexible
 - May need to change plans based on medical need, testing, dialysis, pain medication, bathroom, discharge planning needs

• Outpatient

- Chart review morning/afternoon patients
- Determine what they have been working on, goals of care, and any changes I will make/develop treatment plan if first visit
- Start note/session
- Run through treatment with adjustments for pt symptoms/presentation/personal goals
- End session
 - Chart time
 - Finish note as able
- Continue for rest of morning/afternoon session
- Finish notes
- Repeat for next session as needed
- Perform calls, scheduling, paperwork, chart audits, etc. as needed



INTERDISCIPLINARY TREATMENTS

CVA
Hx of Amputation



WHAT EACH THERAPY IS ADDRESSING

• Occupational

Patient Goal (per spouse): Being able to use phone, prepare simple meal, open bottles

OT Goals:

- STG: sequence steps for simple meal
- Prepare a sandwich (simple meal) STG: with modA LTG: Ind
- STG: Trial adaptability features on phone and adaptative equipment

Working on sequencing, hand manipulation, strength

• Speech

SLP Goals:

- Name object/pictures accurately 50% of the time
- Complete word finding tasks with 80% accuracy
- Answer yes/no personal questions with 80% accuracy
- Be able to communicate successfully with family and community

Working on reading/writing skills, exploring word retrieval strategies, and using communication device

• Physical

Patient Goal (per spouse): To walk better and be able to talk

PT Goals:

- STG: Amb household distance with cane
- LTG: Amb community distance with cane
- TUG and Stroke Impact Scale will improve

Working on improving strength, balance, and gait

AN INTEGRATED APPROACH

- Can I use sequencing strategies from OT sessions when working on transfers etc
- Can I use word finding strategies from SLP sessions to help patient express self during PT sessions
- Do we need to schedule SLP or OT before PT or vice versa
- Is patient having trouble sequencing an activity in PT that another specialty could practice with/use as an example
- Cotreatments- targeting two goals with one activity



US News and World Report 100 best jobs of 2026

#9 Speech Language Pathology

- Projected jobs: 28,200
- Median salary: 95,410
- Education: Master's degree

20 Occupational Therapy

- Projected jobs: 22,100
- Median Salary: 98,340
- Education: Master's degree

#37 Physical Therapist

- Projected jobs: 29,300
- Median Salary: 101,020
- Education: Doctorate

US News and World Report 100 best jobs of 2026

#65 Physical Therapist Assistant

- Projected jobs: 24,500
- Median salary: 65,510
- Education: Associate's
- #6 on Fastest Growing Professions List from US Bureau of Labor Statistics

#100 Occupational Therapy Assistant

- Projected jobs: 9,500
- Median Salary: 68,340
- Education: Associate's
- #9 on Fastest Growing Professions List from US Bureau of Labor Statistics



THANK YOU FOR
JOINING US TODAY.