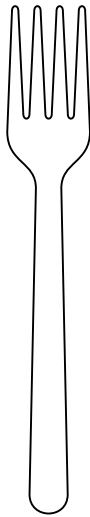
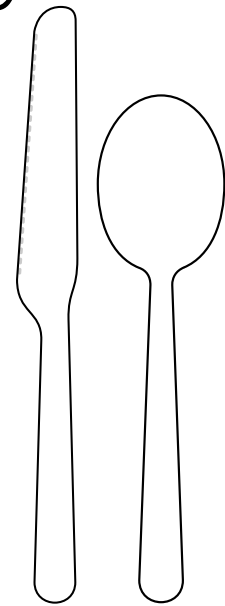


OT & SLP Lunch Group



Lunch group is a therapy group run by occupational therapists and speech pathologists. The group is run during lunchtime every day in the ADL suite on the second floor. The therapists will refer patients who may need extra practice with self-feeding and swallowing.



Skills Addressed:

- Self-Feeding Skills
- Safe Swallowing Strategies
- Pacing Skills
- Coping Strategies
- Container Management
- Use of Adaptive Equipment
- Compensatory Strategies

Benefits of the Lunch Group:

The group can positively impact a person's self-esteem, quality of life, and socialization (Garcia, 2020).

Group therapy can reduce symptoms while also providing patient with beneficial skills to learn, develop, and live with their symptoms (Malhotra & Baker, 2022).

Most find that participants use the skills learned in group after discharge (De Vos & Leclair, 2019)