



O.T.Plus specializes in working with people who have experienced mild, moderate, or severe injuries, including traumatic brain injuries. Treatment plans are established based on individual needs and goals, and are designed to develop, restore, and maintain maximum function for greatest quality of life possible!

Our emphasis on getting people back to their “best selves” means listening to the client and/or family about what is most important to them. Community resources and group therapies are used to the greatest extent possible, not only to reduce costs, but to provide the most meaningful treatment approaches. Coordination of care between our team of Physical, Occupational, and Speech Therapists (as well as working proactively with case managers, physicians, and other care providers) is a very important part of helping us address the WHOLE person.

Group Therapy

Therapeutic small group activities can enhance recovery by creating social connections, addressing mind/body balance, and improving overall physical/mental wellness. All activities are directed by licensed members of the **O.T.Plus** team.

- *Moving Forward with Music* (cooperative effort between BIAC, O.T.Plus, and *RehabRhythms*) meets on the 2nd and 4th Thursdays at 10:15am in the BIAC bldg. (1385 S Colorado Blvd, 7th floor). Please go to biacolorado.org to register... class is free!!
- *Adapted Yoga* meets every Weds at 10:30am at O.T.Plus office (1780 S Bellaire St, suite 300). First class is free, then \$10 drop-in, or less with a punch card. Led by a Trauma-informed Instructor, with Physical Therapist available to help adapt, modify, or support participation as needed. Scholarships available.
- *The Write Stuff* writing group is very popular, and currently FULL! Contact kristi@otplus.org to get on the waiting list—OR to help start a new group on a different day/time that works for you! Led by a Speech Therapist (SLP-CCC).
- *Gentle Tai Chi* led by a Physical Therapist/Certified Instructor to address mind/body balance and healing potential within each person. Very adaptable to any concern or special need. Meets Mondays at 11am, and Tues/Thurs at 1:30pm, at O.T.Plus office (1780 S Bellaire St, suite 300). First class is free, then \$10 drop-in, or less with punch card. Scholarships available. Caregivers can attend for free, too!
- *Walk with Us* led by a Physical Therapist that gets you moving at your own pace! Walkng, stepping, and moving to the beat is a great way to improve your endurance, plus very adaptable to any level of fitness. Contact barb@otplus.org for details, and to coordinate days/times/locations available.