



Occupational Therapy

Frequently Asked Questions

Where are you located?

We are located in Portland OR, and provide geriatric occupational therapy services in our clients' homes and communities in Portland, Tigard, Gresham, Hillsboro, Beaverton, and surrounding areas.

Do you accept insurance?

Yes we accept Medicare Part B and Medicaid insurance.

Why is mobile outpatient therapy a unique service?

With mobile outpatient services, we are able to bring our services directly to clients. We value offering our professional services in people's natural environment as it allows us to interact, educate, and train clients and families where they are living and functioning on a day-to-day basis. It allows you to engage in therapy sessions that are realistic within your natural environment.

Do I have to be homebound to receive your in-home services?

No.

Do I need a medical provider's referral for occupational therapy services?

If you are using your health insurance benefits, then a medical provider's referral (MD, PA, NP) is required.

What will the initial visit look like?

All initial visits will include the following:

- 1. Paperwork processing such as HIPAA, benefits, and payments, and patient authorization*
- 2. Discussion including detailed medical history and reason for current referral.*
- 3. Individualized evaluation of client.*
- 4. Assessment of home environment and patient's function in the home.*
- 5. Discussion of therapy plan and treatment schedule.*

Does Medicare cover all mobile therapy services?

Medicare covers 80% of all outpatient therapy services including mobile therapy. Many people have secondary insurance that will cover the additional 20%. We will verify your total insurance benefit upfront and inform you of any out-of-pocket costs before the first visit.

How many times a week do you come and for how long?

After your initial evaluation, the therapist will determine how many times per week and how long each session will be.

How can I contact EQC Occupational Therapy?

You may call the office at 971 803 8083 or email Sharon at sarhin@eqchomecare.com



Working With EQC Occupational Therapy

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- You can reach us on weekdays; Monday through Fridays, from 8am to 5pm
- We request your Medicare or Medicaid number for verification of benefits
- We work with you to obtain a therapy order from your physician
- We schedule an appointment with for an initial home visit and evaluation
- We come to your desired location at your scheduled time and perform our evaluations and treatments in the privacy and comfort of your home
- We conduct standardized assessments according to your diagnosis to get an understanding of how your diagnosis is impacting your ability to perform everyday activities
- We recommend immediate improvements and create a plan of care that's based on your needs and your long- and short-term health goals
- We send your plan of care to your primary care provider for approval
- When approved, we come to you at a scheduled time and provide your treatment in the privacy and comfort of your home
- The therapy may also include education and training for loved ones/caregivers if needed.

Sharon Arhin, OTD, OTR/L

Director of Occupational Therapy

Sharon is licensed by the State of Oregon and certified by the National Board for Certification in Occupational Therapy.

She has a great deal of experience working with older adults in various settings including home health, nursing homes and assisted living facilities. Sharon is passionate about empowering her clients with the ability to interact with and be productive in their environments.





Choose EQC Occupational Therapy

Occupational Therapy

At EQC Occupational Therapy, our goal is to help our clients live safely and independently in their home environment. Our treatments are based on proven medical practices, and focused on providing the best quality of life for our clients. Our care plans and services are tailored to the specific needs of our clients and their families so that everyone benefits.

We put together best practices, tools, and training to help you safely transition from the medical setting (hospitals, nursing homes, and rehabilitation centers) to the comfort of your own home. Our goal is to help you:

- Recognize the features that increase the risk of falls and other safety hazards preventing safe transition to your home environment
 - Advise you on changes you can make to your home to improve your ability to perform the activities you enjoy doing as you get back to your normal daily routine
 - Address any concerns you may have about transitioning from a medical facility to your home
 - Transfer any new self-care skills learned at a medical or treatment facility and adjust them to work within your home setting
 - Develop personal goals aimed at maximizing your ability to participate in daily activities that are important to you.
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Why You Need Occupational Therapy

Occupational therapy can be a valuable part of your health care plan. An occupational therapist will help you navigate everyday tasks as independently as possible, which can improve both your physical and mental abilities.

Working with our licensed occupational therapist can provide the following tools and information:

- Individualized evaluation to determine your self-care goals
 - Customized plans designed to improve performance of your daily activities
 - Recommendations for the types of equipment that can help make your home safer and more accessible
 - Guidance on best practices and training for your family members and caregivers to support clients.
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