

# Alayia Ahrenholtz

Occupational Therapist Assistant

## Profile

I am an experienced Occupational Therapist Assistant who has worked in a variety of settings, including outpatient clinics, hospitals, and home health. I have a strong background in helping patients regain functional skills after injury or illness. I am passionate about my work and enjoy seeing the progress that my patients make.

## Employment History

### Occupational Therapist Assistant at Sanford Health, ND

Apr 2022 - Present

- Successfully treated a patient with carpal tunnel syndrome, reducing their pain by 70% and allowing them to return to work within 2 weeks.
- Helped a patient recovering from a stroke regain the ability to dress themselves independently.
- Worked with a team of therapists to develop an individualized treatment plan for a child with autism that improved their communication skills and social interactions.
- Successfully implemented sensory integration techniques with a young adult who has Down syndrome, resulting in increased independence in daily activities.
- Taught patients how to use adaptive equipment such as reachers and long-handled bath brushes to improve their quality of life.

### Occupational Therapist Assistant to less experienced position at Altru Health System, ND

Sep 2021 - Mar 2022

- Assisted in developing and implementing individualized treatment plans for patients with various diagnoses.
- Led group therapy sessions focused on improving daily living skills.
- Monitored patient progress and communicated updates to supervising Occupational Therapist.
- Provided one-on-one instruction to help patients learn new techniques for managing their condition.
- Collaborated with interdisciplinary team members to develop comprehensive care plans.

## Education

### Associate of Science in Occupational Therapy Assistant at Minot State University, ND

Aug 2016 - May 2021

I have learned how to better communicate with people, how to better understand people's needs, and how to better help people.

## Certificates

### Certified Occupational Therapy Assistant (COTA)

Mar 2021

### Registered Occupational Therapist Assistant (ROTA)

Aug 2019

## Details

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## Links

[linkedin.com/in/alayiaahrenholtz](https://www.linkedin.com/in/alayiaahrenholtz)

## Skills

Anatomy and physiology

Kinesiology

Biomechanics

Psychology

Sociology

Communication skills

## Languages

English

Italian

## Hobbies

Organizing

Crafting

Reading