

# Meet

# Samera Spear

## Occupational Therapist

With a deep passion for helping seniors maintain their independence and enhance their quality of life, Samera “Sam” Spear, OTR/L, brings extensive experience, skill, and compassion to her role as an Occupational Therapist at Mary Ann Morse Home Care. She specializes in working with individuals recovering from illness, injury, or surgery—helping them regain strength, mobility, and confidence in performing everyday tasks such as bathing, dressing, cooking, and moving safely around their home.

Sam takes a holistic approach to care, addressing not just physical rehabilitation but also cognitive and emotional well-being to ensure her patients feel safe, comfortable, and empowered in their daily routines. Through home safety assessments, adaptive equipment recommendations, and personalized therapy plans, she is dedicated to helping seniors live as independently as possible. Her expertise in fall prevention, pain management, and neurological rehabilitation makes her an invaluable resource for those managing chronic conditions or transitioning home after hospitalization.

With her warm, friendly, and encouraging approach, Sam builds strong relationships with her patients, ensuring they receive the highest level of care and support every step of the way.

"I love being an occupational therapist," says Sam. "Helping people get back to living their daily lives is incredibly rewarding. Seeing my patients accomplish something they thought was no longer possible — whether dressing themselves, cooking a favorite meal, or simply moving safely around their home — brings me much joy. I'm grateful to be a part of their journey."

Sam earned her degree in Occupational Therapy from the University of New England, where she also minored in Psychology & Social Relations. Her combined background in occupational therapy and social sciences allows her to take a well-rounded approach to patient care, addressing not just physical needs but also emotional and social well-being.



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