

Occupational Therapy

Occupational Therapists (OT's) visit you in your home to see how you are going with daily tasks, to find ways to make your life easier and to help you to be more independent.

Our OT's will recommend ideas, equipment and home modifications (changes) – to support you and your carers to live safely and independently within your home and community.

Occupational Therapists can assess and advise you on:

Safety in your home

- To decrease risk of falls
- To check your memory – we can help make your home 'dementia friendly'
- Ways to help you manage tiredness and save your energy
- Access for wheelchairs and walking frames

Home modifications (changes)

- Installing rails, steps, ramps and bathroom modifications

Aids and equipment

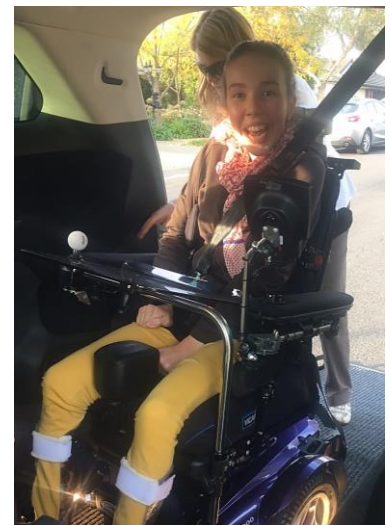
- Safety alarms
- Wheelchair and scooter assessments and training
- Equipment to decrease pressure when sitting and lying
- Training to use a hoist
- Shower seats, toilet aids, dressing aids, kitchen aids and more

Applying for funding

- For aids, equipment and home modifications where needed

Help for carers

- Manual handling practise
- Information about carer support and respite services



Call 9744 4455 for more information. To see our OT's you may need a referral.

