Occupational Therapy Australia

How can an OT help me?



Live at home

- Falls risk assessment and prevention
- Home modifications
- Activity routine and structure
- Memory impairment advice
- Aids and equipment prescription

Earn a living

- Finding vocational/pre-vocational training
- Problem-solving
- Goal setting
- Time management
- Stress management
- Communication & assertion

Getting around

- Community access (Public transport, shopping, appointments)
- Driving assessment and car modifications
- Wheelchair and scooter assessment and prescription

Have fun

- Leisure and recreation skills
- Relaxation/anxiety management
- Social skills
- Community integration
- Participation skills
- Developmental and educational support

Take care of myself

- Personal care assessment
- Domestic skills assessment (money handling, meal preparation)
- Seating and pressure care
- Rehabilitation
- Sleep Hygiene
- Pain management
- Healthy Lifestyle
- Sexual expression
- Managing moods and emotions

To find out more about occupational therapy and about OTA, **scan the QR code** or visit **bit.ly/4f99GIB**

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