Occupational Therapy Australia



Occupational therapy and behaviour support plans

Residential aged care providers are required to have a behaviour support plan in place for each resident who requires, or may require, the use of restrictive practices to address behaviour changes related to cognitive disability or impairment.

Occupational therapists are skilled in the assessment of people with cognitive disabilities or impairment and can bring this expertise to the design of individualised behaviour support plans.

Occupational therapists can support the older person, their family, carers and other health professionals in implementing and evaluating the strategies within a behaviour support plan.

Some examples of how an occupational therapist might address behaviour change include:

- Identifying and facilitating engagement in tailored meaningful activities
- Supporting access to stimulating and personalised environments that yield positive engagement
- Addressing problems with eating or sleeping
- Assessing and treating pain
- Delivering focussed psychological strategies to support underlying mental illness or trauma
- Conducting sensory profile assessments to identify and address key triggers to behaviour
- Provide advice and intervention to prevent functional decline and maintain independence

To access an occupational therapist:
Contact My Aged Care **1800 200 422**
Speak to your GP to obtain a referral under Medicare or DVA

To find out more about occupational therapy and to find an OT working with older people near you, visit otaus.com.au/find-an-ot

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