Occupational Therapy Australia



Occupational therapy in community aged care

Occupational therapy is key to enabling older Australians to remain at home longer.

Occupational therapists work with the older person, their family or carers and other health professionals to address the physical, emotional, cognitive, and environmental factors impacting wellbeing, quality of life and participation in meaningful daily activities.

Working with your strengths, occupational therapists can:

- Prevent falls by addressing physical, cognitive and environmental factors
- Support better access around the home to enable participation in activities of everyday life
- Use equipment to assist with mobility, personal care, domestic activities or community and social activities
- Improve mobility and function by prescribing a range of adaptive strategies or exercises
- Support life transitions and changing roles that people may experience with age
- Assess and advise on changes to the workplace that may enable people to remain in work for longer
- Provide education and advice to cope with cognitive changes such as dementia
- Provide assessment and advice on driving or consider other options to support ongoing community access
- Facilitate ongoing engagement in leisure activities or re-engage in social activities to support social and emotional wellbeing and prevent isolation
- Provide focused psychological strategies to support people living with mental health challenges

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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