

# OCCUPATIONAL THERAPY

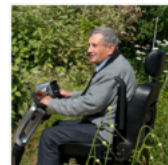
Working with you to do the things you need and want to do.

[aboutoccupationaltherapy.com.au](http://aboutoccupationaltherapy.com.au)



## WHAT IS OCCUPATIONAL THERAPY?

Occupational therapists are qualified health professionals who work with people of all ages and abilities to assist them to do the things they need and want to in all aspects of life, such as taking care of themselves and others, and participating in work, hobbies, interests and social events.



## HOW CAN OCCUPATIONAL THERAPY HELP ME?

Occupational therapists work with adults of all ages, children and families, who have physical, social or mental health needs.

OTs can help with rehabilitation, pain management, driving assessments, support in schools, home modifications and equipment prescriptions amongst other things.

Occupational therapists can help people to identify interests and goals, manage daily routines at home and in the community, modify daily tasks to make them easier to perform, and recommend activities that they can participate effectively in.



## HOW CAN I FIND AN OCCUPATIONAL THERAPIST?

- ▶ To find out about how an occupational therapist can help you, and to obtain a referral under Medicare speak to your GP.
- ▶ Find out more information about accessing an occupational therapist under NDIS, or finding a private practice OT by visiting [aboutoccupationaltherapy.com.au](http://aboutoccupationaltherapy.com.au)
- ▶ Find an OT in your local area via the National Health Services Directory [about.healthdirect.gov.au/nhsd](http://about.healthdirect.gov.au/nhsd)



BAMH - Better Access to Mental Health

[aboutoccupationaltherapy.com.au](http://aboutoccupationaltherapy.com.au)