



# Occupational Therapy

Occupational Therapists (OTs) support people whose ability to complete everyday life tasks are impaired by illness, disability, injury or the effects of ageing.

OTs assess an individual's level of function in their home environment, considering activities such as personal care, domestic tasks and accessing the community. From there, an OT will make recommendations to help individuals maintain their independence and safety at home.

## How can occupational therapy help me?

We'll work with you to assess your current level of functioning and discuss your goals. Your treatment plan may include:

- **Equipment prescription:** e.g. shower chairs, over-toilet-frames, wheelchairs, scooters etc and training on how to use these items.
- **Home assessments:** to determine the need for home modifications, e.g. rail installations, ramp modifications, platform steps etc.

- **Daily living skills:** advice on techniques/ equipment to increase independence with daily living activities. This may include adapting the task or environment or introducing an aid.
- **Cognitive assessments:** to determine functional cognition and provide education to support independence in areas of time management, routines, safety etc.
- **Upper limb assessments:** to determine hand, shoulder and arm strength, range of motion, fine motor concerns and develop goals to support greater hand function.
- **Group based therapy:** to educate individuals in areas of memory and age related brain changes, falls prevention and mindful activities to support mental health.



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**VMCH**

## Why choose VMCH?

Our expert team of therapists are all qualified, police-checked and experienced in all areas of occupational therapy. Most importantly, they love what they do.

## What does it cost?

Our services are subsidised by the Commonwealth Home Support Programme (CHSP) \*which leaves a gap payment of \$20 including GST, payable by the client. If you or the person you care for is experiencing financial hardship, you may be eligible for a discount.

To find out more, please contact our friendly team on **1300 698 624**, or email **hello@vmch.com.au**.

\* Alternate funding programs may be subject to a different fee schedule. Please contact us to learn more.



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