



Occupational Therapy for adults

An occupational therapist can help you continue to do all the things you want or need to do each day.

An occupational therapist can help keep you as independent as you want by offering practical ideas to keep you safe.

What can occupational therapy help with?

- Chatting with you about your daily life and helping come up with ideas to make things safer or easier e.g.
 - Equipment for the bathroom, kitchen or bedroom e.g. shower chair or walking frame
 - Modifying your house to make it safer e.g. with hand rails
 - Talking about how to stay steady on your feet
- Coping with pain or swelling
- Making your hands as strong and pain-free as possible.



How can I see an occupational therapist?

Your GP might refer you to an occupational therapist if they think you could benefit from learning new skills to manage your day to day life. Access to occupational therapy services is free if you have been referred after having your health check at your local IUIH clinic.

If you think you could benefit from occupational therapy talk to your GP or clinic nurse for a referral.



What will happen when I see an occupational therapist?

An occupational therapist might meet with you at the clinic or in your home. They will also work with an Aboriginal health worker or your CCSS coordinator.

On the first visit they will chat with you about your daily life. They might also walk through your house to see if they can help you set up things to be safer and easier. Together you might decide if there are any particular things you would like to work on.

The occupational therapist can also help you access funding to get equipment or make modifications to your home to make things easier for you. They might work with you to practice strategies to help you manage any chronic conditions you might have.

Your local clinic:



For more information visit www.iuih.org.au

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