

OCCUPATIONAL THERAPY

Disability, illness or impairment can impact on a person's capacity to look after themselves and to participate in work, rest and play. Our aim is to work with people to maximise independence. Our service works with clients in and out of home using a holistic approach. We see clients of all ages but children are generally referred to regional centres.

OT therapy may include adapting the environment, workplace assessments, home modifications, and prescribing aids, teaching new skills, advocating for the client, addressing carer needs and referrals to other resources.

At UMHCS the OT staff coordinate the multi-skilled care plan for clients with chronic health issues and complex needs. We also prescribe the appropriate Aids and Equipment, assist with and develop interventions and provide advice on home modifications.

We also undertake Falls Assessment as well as provide consumer, family/ carer education and support, health coaching, hand therapy, cognitive screening, rehabilitation and where needed individual health promotion.

For more information please phone (02) 60763200