

# Occupational Therapy for Adults

## What is Occupational Therapy?

Occupational therapy supports adults to participate in activities that they do in everyday life and overcome unique challenges they are experiencing.

These activities may range from self-care activities such as dressing and feeding, to caring for others, socialising, leisure, and work.



## What Can We Help With?

- ✔ NDIS assessment  
Functional capacity assessments | home and living assessments | equipment prescription: assistive technology, mobility-related equipment + home modifications
- ✔ Manual handling assessment
- ✔ Mental health and psychosocial assessment
- ✔ Capacity building for mental health challenges and intellectual disability
- ✔ Regaining functions needed to get back to work
- ✔ Social participation: interacting with family, friends + wider community
- ✔ Self care: getting dressed, washing, toileting, and feeding
- ✔ Leisure activities: exploring interests, building skills and participating in hobbies
- ✔ Money management: counting money, identifying coins and bills, and budgeting
- ✔ Community mobility: moving from one place to another safely

## Ready to reach your goals?



If you would want to know more about our occupational therapy services or to book an appointment, you can:

**Call Now** 0477 059 051

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