

Our Occupational Therapist support you to regain your independence in all areas of your life.

Our occupational therapists can help you with:

## Early Childhood Development

- Supporting development of age-appropriate growth milestones i.e., play, cognition, memory, and attachment.
- Encouraging community participation
- Development of social skills

## Home Modifications

- Structural changes to the home and environment to safely access the home environment e.g., grab rails, handrails, ramps etc

## Assistive technology

- Equipment prescription to safely participate in self-care and daily living activities
- Specialised seating and wheelchair prescription
- Technology to assist with travel transfers and to ensure safety

## Assessments and reports

- Functional capacity assessments
- Housing assessment reports for Supported Independent Living, Independent living Options and Supported Disability Accommodation

## Manual Handling training and education

- To safely use equipment's like stair track, hoist etc
- To avoid injuries

## Gross & Fine Motor Skills

- Improving core strength
- Ability to play on the playground, running, jumping
- Improving precision, dexterity, and coordination of hands

## Parent and Carer Education

- Individual and group training for parents, teachers, and carers.

## Skill Development

- Building up functional capacity in all aspect of daily living skills

## Sensory Processing and intervention

- Strategies to assist with regulation and improving participation

## Daily Living Activities

- Activities such as dressing, bathing, toileting, personal hygiene and eating or drinking

## Strategies for mental health

- Help manage everyday living.

For further information or to make a referral, please contact us on below details