

Occupational Therapy

Occupational therapists focus on a person's goals related to how that person occupies themselves in activities of everyday life. This may be by helping with ideas, training, equipment or changes to the environment so that the person can do what they need or want to do, each day.



Self care

Activities of daily living such as dressing, bathing, toileting, personal hygiene and eating and drinking.



Transport

Safety and comfort in travelling in a vehicle.



Environmental modifications

Changes to the home and environment.



Positioning

Improve comfort, safety and body posture.



Leisure and recreation

Participation in leisure and social activities in the home and community.



Sensory processing

Helping a person to function to the best of their abilities, given their sensory needs for example, by adapting their environment.



Equipment

Provide information, prescribe and customise to suit the person.



Parent and carer education

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