

Occupational Therapy



What is Occupational Therapy?

Occupational Therapy focuses on improving quality of life by enabling people to participate in their everyday activities as independently as possible.

Occupational Therapy aims to develop and maintain a person's skill and ability to carry out occupations such as self-care, work/school, leisure and play.

Occupational Therapists can also recommend strategies, equipment and modifications to improve independence in all aspects of daily living, including:

- ✓ Personal care and domestic duties
- ✓ Participation in social/leisure/work activities
- ✓ Assessment and education on pressure care
- ✓ Falls prevention education
- ✓ Advice on personal alarm systems

Occupational Therapists also work alongside:

- ✓ Other Allied Health Professionals and service providers to support you to meet your goals.
- ✓ Family and carers in relation to education with transfers, positioning techniques, and use of adaptive equipment to reduce the risk of physical burden.

Service

At Mildura Base Public Hospital, Occupational Therapists see both inpatients and outpatients.

Initial contact with the Occupational Therapist will often consist of an interview assessment to determine barriers and enablers of participating in required or desired activities of daily living. Occupational Therapists can also complete a home visit to assess the physical environment to ensure this supports optimal performance and function.

The Occupational Therapist will propose ideas for therapy, or advise, prescribe and adapt equipment and environments, including the installation of rails, personal care aids, specialised seats, or pressure care.

The Occupational Therapist, along with the patient and family will then design a treatment plan depending on the goals identified.

Occupational Therapy can assist you with:

- ✓ Enhancement of upper limb use when performing tasks; hand therapy or splinting.
- ✓ Retraining through adaptive techniques for daily living activities
- ✓ Enhancing cognitive and perceptual skills; memory, planning, organisational techniques.
- ✓ Sensation testing and retraining.
- ✓ Energy conservation through task simplifications
- ✓ Stress management through relaxation and specific activities; exercise and breathing techniques.
- ✓ Therapy to improve development and participation of children in school activities.

COMMUNITY SERVICES

 **(03) 5022 3250**

MONDAY TO FRIDAY | 8AM - 4.30PM