

Who are they?

An Occupational Therapist is involved with helping people to participate and perform everyday activities safely and comfortably.

Self-care activities such as showering, preparing food or going work to can be difficult for some people, especially after an injury and for people living with disability. Occupational Therapists see people of all ages and regularly perform assessments to identify activities and supports that can help a person to live a normal life. Occupational Therapists also provide the following services:

- + Education about health and wellbeing
- + Skills development in self-management (e.g. banking, financial management)
- + Workplace assessments
- + Rehabilitation and mobility
- + Support for social participation

How can I access one?

You may see Occupational Therapists in different setting which include private clinics, hospitals, aged-care facilities or during workplace assessments. You can often make an appointment with them directly, but some may need a referral from a GP.



Occupational Therapist

Provides advice to help perform physical activities safely, as well as training and support to enable people to function well at home and in the community.

What should I do before the appointment?

Have a think about or write down what things you are experiencing difficulty with, for example, it might be an activity that you aren't able to manage well by yourself. An Occupational Therapist will go through these issues and help to identify the best ways to support you.

How much does it cost?

A visit to an Occupational Therapist may be partially or fully covered by Medicare, or your health insurance may contribute some of the costs. Don't hesitate to ask your service provider for more information.

What to expect during the appointment?

- + Your Occupational Therapist will go through your issues in detail, perform an examination and may ask you to try some activities or exercises. They will be able to advise on further management or supports to help improve your participation in everyday life and doing so safely.
- + You may also require follow-up visits to monitor your progress and ensure your condition is being managed well.