

What does an Occupational Therapist do?



Occupational Therapists (OT's) help people to increase their independence, in different areas of their life.



OT's work in lots of settings, including in hospitals, in aged care facilities, schools, private companies, and mental health facilities.



They work with people of all ages, from all different backgrounds.



OT's help people to develop the skills they need to make them more independent and productive in their everyday lives.



OT's can also help people to get equipment that they need, like a wheelchair or a modified fork. They can teach you how to use this equipment too.

Contact us at:





They can also help to change a person's home so it is safer, or easier to get around





OT's can help you learn skills, like how to make a meal, or how to tell someone when you're not feeling happy.





They can do assessments, to work out what you might need.



OT's can work a lot with children, who might be at risk of developing a speech or learning delay.



A sensory profile tells people the textures, sounds, smells or tastes that you do and don't like.



OT's can help you with being more aware of your body, and the movements you make.

Contact us at: