

Prahran Centre

240 Malvern Rd

Prahran

Southport Centre

341 Coventry St

South Melbourne

St Kilda Centre

18 Mitford Street

St Kilda

Phone: 9525 1300



OCCUPATIONAL THERAPY

at your Community Health Service



Promoting independence
in all aspects of daily living



Occupational Therapists (OTs) look at activities carried out in everyday life. We aim to help you overcome problems or barriers which may limit your ability to do the tasks you want to do.

We hope to increase your self confidence as well as your safety and independence, especially within the home.

Our aim is to improve your quality of life.

An OT can assist by advising on adaptive aids, equipment and modifications to the home, or we can suggest alternative techniques for you to achieve a task.



Occupational Therapists can assist with the following activities:

Personal

- Dressing
- Grooming
- Showering / Bathing
- Eating / Drinking
- Toileting
- Seating
- Bed mobility



Domestic

- Meal Preparation
- Cleaning
- Laundry

Community

- Shopping
- Paying Bills / Banking
- Public Transport
- Motorised Scooter assessments
- Wheelchair assessments
- Recreation

Other:

- Personal alarms
- Falls prevention
- Energy conservation
- Pressure care
- Arm or hand splinting

