



Occupational Therapy

Merri Community Health Services occupational therapists give professional advice, support and management to people needing help with their daily living activities in the home and in the general community.

Individuals and carers who might be experiencing difficulty due to illness, disability or the effects of aging, can use this service

Clients and/or carers work with the therapist to identify problems. The aim is to maximize the person's well-being, independence and quality of life.

An occupational therapist can help if someone is having difficulty with any of these things:

Managing self –care

- Showering or bathing
- Dressing and grooming
- Eating and drinking
- Toileting

Managing at home

- Meal preparation
- Shopping
- Cleaning

Recreation and leisure

- Participating in social activities
- Hobbies and interests
- Socialisation
- Feelings of isolation

Getting around

- Accessing outside activities
- Mobility in the home

then an occupational therapist can help.

An occupational therapist works with people to:

- Assess and modify the home environment to improve independence and safety
- Provide advice about appropriate aids and equipment
- Perform routine tasks such as dressing ,cooking, safety and independence
- Identify and use appropriate community resources
- Adapt to changes that have occurred due to chronic illness or ageing
- Improve skills, self-confidence and self-esteem

Assessments and appointments

• Assessments are usually completed in peoples homes. To refer for an assessment or appointment with an occupational therapist, contact:

The Intake Service On (03) 9350 4000

Staff are based at the Coburg site

93 Bell St, Coburg 3058