



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

Occupational therapists work with people to:

- Assess and modify the home environment to improve independence and safety
- Provide advice about suitable equipment for people with disabilities, including installation and safe use
- Help identify risk factors for falls. This can include advice and education to prevent falls, home safety checks and referral to other services
- Provide advice and appropriate equipment for people with high care needs at risk of developing pressure sores
- Provide advice to improve skills and increase confidence in performing routine tasks such as bathing and dressing
- Identify individual needs and refer to appropriate community resources and assistance programs
- Assist them to adapt to changes that have occurred due to chronic illness or ageing
- Identify and apply for available funding for home modifications and equipment

An occupational therapist can help if someone is having difficulty with:

Getting around

- Mobility in the home
- Accessing outside activities
- Socialisation

Managing self-care

- Showering, bathing or toileting
- Dressing and grooming
- Eating and drinking
- Hobbies and interests

Managing at home

- Meal preparation
- Shopping and cleaning

Who can use this service?

- Referrals for occupational therapy can be made by individuals (self-referral), carers, health professionals including doctors and other service providers

How much does it cost?

- Fees are \$12.50 or \$8 for Health Care Card and Pension Card holders

Services are available at:

- These services are usually provided in your home

For further information and appointments:

- Phone Service Access on (03) 9388 9933