

Occupational Therapy Services



What is Occupational Therapy?

Occupational therapy empowers individuals and families to build capacity and independence. This reduces the need to rely on others. Our Occupational Therapists tailor support into personalised solutions that give you the knowledge, skills and confidence you need to live life to the fullest. Your life, your way.

Occupational therapists (also known as OT's) can provide support, advice and training to enable you to continue doing everyday tasks and activities that are meaningful to you. Known as “activities of daily living”, these tasks include leisure, self-care and productivity activities such as:

- Personal care such as washing, grooming and dressing.
- Preparing and consuming food and drinks.
- Walking and getting around safely within your home and the community.

Occupational Therapists can help by:

Assessing how you currently manage your day-to-day activities and help identify goals for improvement in the areas that are most important to you. Supports are varied and can include:

- Strategies and techniques to help adapt to changes in vision.
- Adapting the environment at home, school, or work to promote independence and best use any remaining vision.
- Prescription of small aids and equipment like magnifiers to help you complete activities of daily living safely and confidently.
- Advice, demonstrations, training and support for a range of specialist assistive technology. Such as your phone or computer, or accessing large print items like telephones or computer keyboards.
- Access to equipment such as liquid level indicators, large print or talking measuring devices and chopping aids to help you prepare meals safely.
- Advice on home modifications such as improved lighting, grab rails or high-contrast strips on stairs.
- Tactile markers to identify buttons or controls.



Who can benefit from Occupational Therapy?

People of all ages who are blind or have low vision.

Who can refer to Occupational Therapy services?

- The individual who has a vision impairment.
- Family member, carer, friend (with consent).
- GP, Allied Health Professional, Vision Specialist (with consent).

How do I refer?

You can make a referral online via the website visabilitytas.com.au or contact our friendly team on **1800 371 104**.

