

## OCCUPATIONAL THERAPISTS (OTs)



### OCCUPATIONAL THERAPY

is a key service provided by HHG across Australia.



OT's are registered with **AHPRA**, our national professional body.



Humanity Health Group has **72 OTs** working nationally.

Occupational therapy supports people of all abilities to engage in activities they find meaningful. Including leisure, self-care and productivity



### OCCUPATIONS



are everything people do in the course of their life. It is a basic human right like **eating, drinking and breathing**

Occupations include making a **cup of tea, shopping, cleaning your teeth** and **exercising**



## UNDERSTAND THE PERSON

### Occupational focused

Interviews are about understanding a clients life, occupations and routines.



### Occupational based

Assessments are about observing clients performing an occupation, and leads to a collaborative intervention to improve independence and achieve goals.



## WHAT CAN OTs DO FOR YOU?



Assess **strengths, limitations, risks** and **impacts**

Help you adapt environments to support



**PARTICIPATION**

Facilitate **INDEPENDENCE**, such as self-care



Build therapeutic relationships to promote **engagement** and **choice**

Use **ACTIVITY** as a therapeutic tool



Facilitate group work based on

**MEANINGFUL ACTIVITY**

Help identify **problems**



and ways to **overcome** them