

# Occupational Therapy

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Occupational therapists focus on a person's goals related to how that person occupies themselves in activities of everyday life. This may be by helping with ideas, training, equipment or changes to the environment so that the person can do what they need or want to do, each day.



## Self care

Activities of daily living such as dressing, bathing, toileting, personal hygiene and eating and drinking.



## Leisure & recreation

Participation in leisure and social activities in the home and community.



## Transport

Safety and comfort in travelling in a vehicle.



## Sensory processing

Helping a person to function to the best of their abilities, given their sensory needs for example, by adapting their environment.



## Environmental modifications

Changes to the home and environment.



## Equipment

Provide information, prescribe & customise to suit the person.



## Positioning

Improve comfort, safety & body posture.



## Parent & carer education

Individual and group training for parents, teachers and other carers.