



Occupational Therapy

An occupational therapist focuses on developing and maintaining people's skills to carry out their everyday occupations such as work/school, self care, leisure and play.

Occupational therapists work with clients who may have temporary or permanent disruption to their lives caused through illness or disability. They are also involved in health promotion. Therapists work with clients, families and carers and are a key member of health care teams.

Occupational therapists work with people of all ages from infants to the aged. They work in community centres, pre-schools, schools, charitable organisations, industry, hospitals, rehabilitation centres, private practice, universities and pharmacies.

Occupational Therapists

Occupational therapists are concerned with how a person performs in self care, leisure and school or work activities.

An occupational therapist has completed a four year occupational therapy applied science or health science degree and may undertake further studies at Masters and Doctorate levels.

Occupational therapists work with

- People of different ages
- People with illnesses or disabilities
- People to promote a healthy lifestyle
- Other health professionals

Services Provided

Some of the core services provided by occupational therapists include:

- Retraining and functional activities to address factors such as cognitive and perceptual disabilities; enhance upper limb use
- Home assessment to enhance safety
- Therapy to adapting, designing and prescribing specialised equipment and seating
- Task simplification
- Vocational rehabilitation
- Stress management and relaxation
- Social skills training
- Assessment of early development in children
- Therapy to enhance development and participation in school activities
- Driving assessment, retraining and modification to vehicles
- Promotion of healthy lifestyles
- Pain management
- Consultancy to Industry
- Collaboration in policy development in health and other related areas

Standards and Ethics

OT AUSTRALIA NSW is responsible for monitoring standards of ethical behaviour for occupational therapists who are members of the Association in NSW. The OT AUSTRALIA Code of Ethics promotes excellence in occupational therapy practice.

Contact

You do not need a doctor's referral to contact an occupational therapist.

You can contact your local occupational therapist through your community centre, health care provider, rehabilitation provider or local hospital service.

Occupational therapists also work in private practice. Fees for occupational therapy services vary and are based on the type of service, assessment or treatment offered. Most health funds provide rebates for treatment provided by an occupational therapist.

OT AUSTRALIA NSW provides an on-line directory of private practitioner occupational therapists who are members of OT AUSTRALIA NSW at www.otnsw.com.au.

Occupational Therapy
Skills for Living

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