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## For Children

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Your child may find it difficult to do things expected for their age. This may be caused by:

- A physical problem
- An accident or injury
- Poor coordination
- Developmental delay
- A medical condition
- A problem they were born with
- Social or emotional problems

Occupational therapy promotes your child's abilities in:

- Everyday Skills
  - using cutlery
  - putting on shoes and socks
  - having a bath
  - drinking from a cup
  - combing hair
  - getting around the community
- Hand Skills
  - picking up small things
  - stacking blocks
  - writing and drawing
  - using scissors
- Play Skills
  - playing with others
  - trying new things
  - using toys
  - participating in sports
  - catching a ball
  - climbing

An occupational therapist assesses your child's abilities to identify what your child is good at doing and where they may need help.

The occupational therapist will work with you and your child to overcome difficulties and can work with your child at home, preschool, day care or school.

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## For Older People

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Occupational therapists are interested in helping you to maintain your independence by:

- Preventing falls
- Minimising stress on bones, joints and muscles
- Managing pain
- Providing education about age specific illnesses
- Home modifications and equipment

The older person may find it difficult to complete daily tasks, or participate in leisure activities because of the aging process, or as a result of illness or injury. In some instances, daily activities, which have always been taken for granted, can become difficult.

Occupational therapists can provide a valuable service for any older person who is having difficulty performing aspects of daily living such as:

- Managing Self Care  
showering and bathing, dressing and grooming, eating and drinking, toileting or continence, taking medication
- Managing at home  
preparing meals, shopping, cleaning, budgeting, washing, gardening.
- Recreation and Leisure  
participation in social activities, sport and exercise, hobbies and interests, maintaining family relationships, feelings of isolation.
- Getting Around  
walking and climbing stairs, getting in and out of chairs, driving, using public transport.

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## Contact

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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](http://www.otnsw.com.au).

## Occupational Therapy Skills for Living

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## Standards and Ethics

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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.

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## OT AUSTRALIA NSW

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