



How can an Occupational Therapist support you?

Occupational Therapists support people to overcome challenges completing everyday tasks, which we call occupations.



Occupational Therapists focus on a person's occupations: things we do to take care of ourselves (self-care), things we do for fun (leisure), work and learning.



We explore how changing the environment, using different strategies and equipment might support you do the things you need and want to do.

We support people to develop independence skills.



We might support you to set some goals on what's important to you and develop a plan to reach those goals.



How can an Occupational Therapist support you?



We run postural and seating clinics to support people with physical needs.



An Occupational Therapist might support people with physical difficulties to access technology e.g., control their powered wheelchair or access their phone or iPad.



We can support you to participate in paid and unpaid work like cleaning your house, volunteering or support in your job.



We can support you to understand your sensory needs.