

# What is Occupational Therapy (OT)?

Occupational Therapy helps me do the things I...

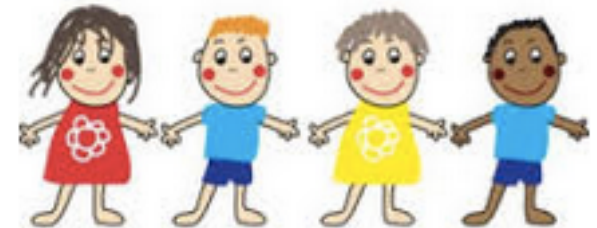
## Need to do



## Want to do



## And am expected to do



## My Occupational Therapist works with me to...

Set goals that are important to me



Plan how I can develop my skills or change my environment to achieve my goals



Help me work towards achieving my goals to be as independent as possible



## What happens when an OT sees me for an OT assessment?

My OT might come to see me...

At home



In my workplace



Or within my community



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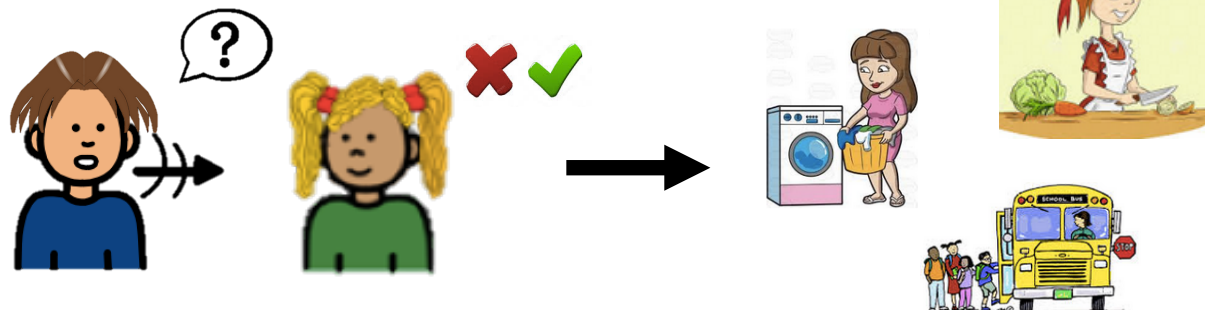
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## My OT will...

Ask me questions



And sometimes ask me to complete an activity with them, so that they can see how I complete certain tasks



## By completing an assessment, my OT is able to understand...

What skills I may specifically need to work on or be supported with, so that I can complete my everyday tasks successfully

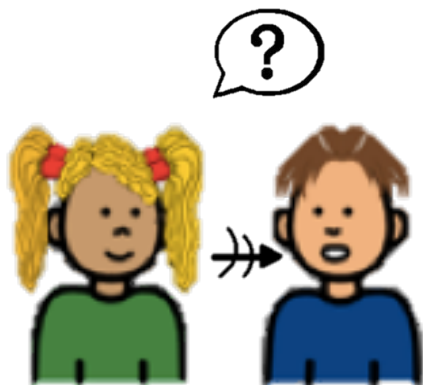


The assessment should take around 1 hour

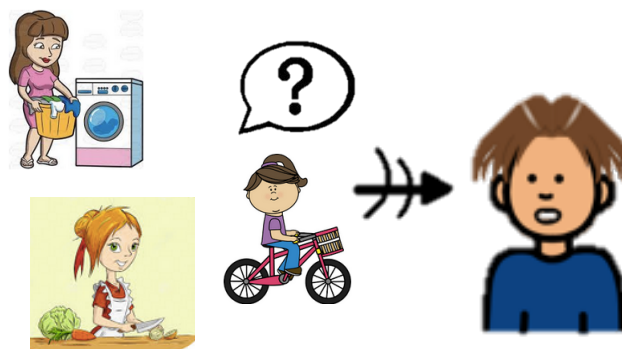


If I want to, I can ask my OT questions...

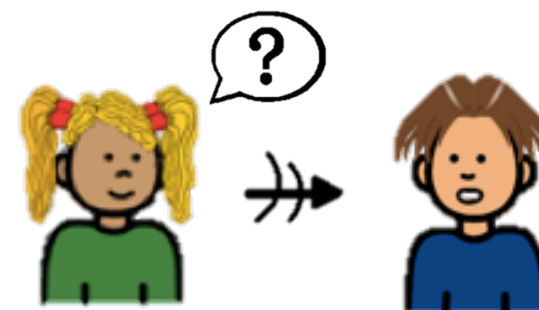
Before the assessment



During the assessment



After the assessment



OT's are looking for answers to questions related to things I do every day, and are skilled at finding out why we do (or don't do) things the way we do



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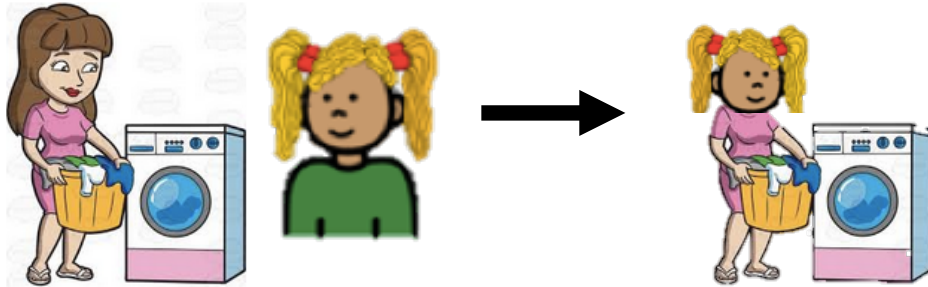
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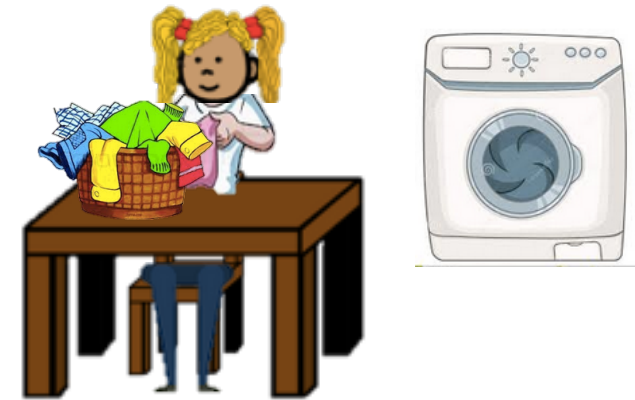
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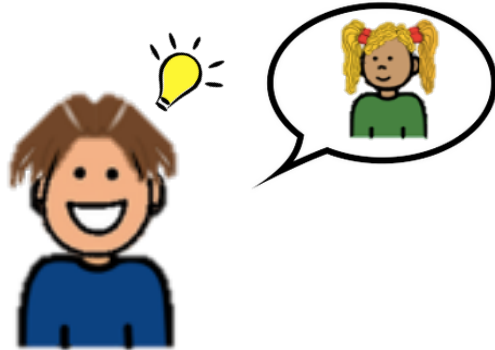
**We learn from people around us, and might do things the same as other people**



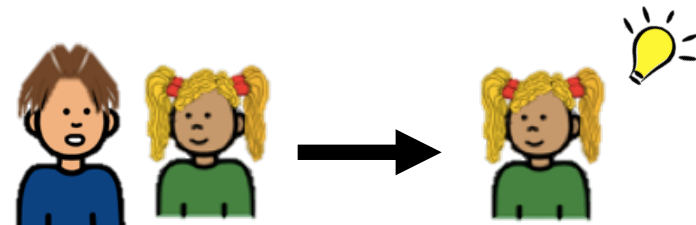
**Or we might change the way we do things so they are easier for us.**



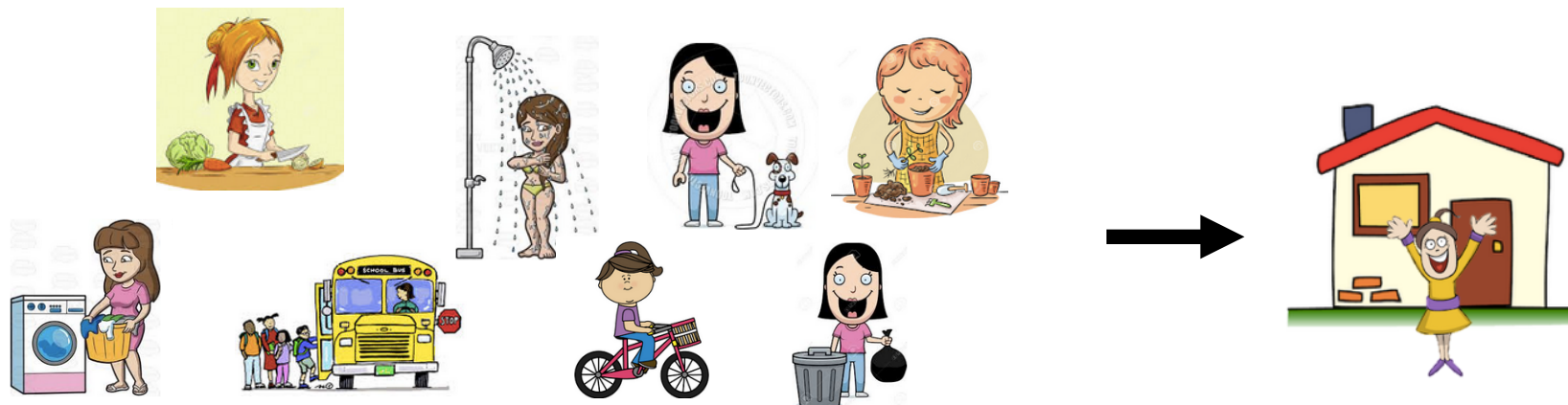
**Knowing all these things helps my OT understand how I am unique**



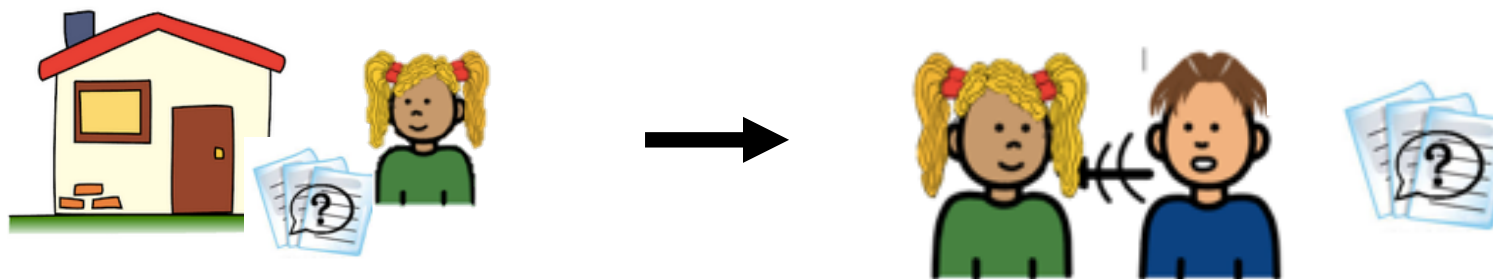
**And how to help me learn to do things I am having trouble with, the way I learn best**



This makes it easier for me to be as independent as possible. Then I don't need as much help



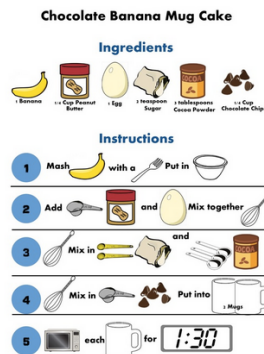
If it helps I can see the questions before I meet with my OT so that I can be prepared



# What happens after my OT sees me for an assessment?

My OT will help me develop my skills and sometimes give me resources that help make it easier to do the things I need, want and am expected to do. Some examples are...

They might help me use different resources to help me cook by myself safely...



Or depending on my goals, they might teach me how to catch the bus by myself.



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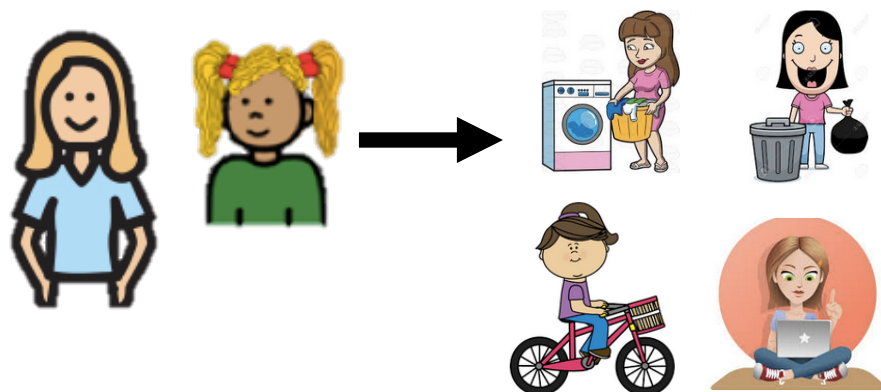
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## Sometimes my OT will introduce me to a Therapy Assistant

The Therapy Assistant will also help me to do the things I need and want to do, by helping me develop my skills



I might need a therapy assistant for regular support to develop my skills, this will help me achieve my goals

