



YOUR HEALTH HUB
MULTIDISCIPLINARY HEALTHCARE

*Tired of trying to navigate
your way through the
healthcare maze?*

*Let our team of
experienced professionals
show you the way.*



***Bringing
The Hub
to you!***

**The Bellerive Quay Health Hub
Holistic Wellness Centre**

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**OCCUPATIONAL
THERAPY**

Our Service

Occupational Therapy is a person-centred service that promotes health by assisting individuals of all ages to participate in everyday activities that are important to them. These activities may include but are not limited to showering, dressing, cleaning, playing, cooking, writing, playing sports or going to school.

Occupational Therapy is about helping people to achieve independence in tasks through promoting skill development or using alternative techniques and equipment to achieve your goals.

An Occupational Therapist defines your occupations as the tasks and activities that you complete throughout your day and will make recommendations that are based on an assessment of the individual, their environment and the tasks that they perform.

At the Bellerive Quay Health Hub our trained Occupational Therapists will tailor your assessment and treatment plan to suit your individual needs and future goals. Our Occupational Therapists provide services to aged care, adults and children and can provide home visits and one-on-one treatments in the consultancy rooms at the hub.

Occupational Therapy services available at Your Health Hub:

Assessment and rehabilitation to assist independence and safety in daily life tasks. Home based environmental assessment and falls prevention.

- Assessment and prescription of rehabilitation aids and equipment.
- Ward/Hospital/Facility Based rehabilitation
- Provision of personal alarms
- Home Based Rehabilitation
- Referral to on-site programs led by the multidisciplinary team at the Hub
- Provision of information on local services (e.g. home care and social groups)
- Assessment and treatment in paediatrics
- Manual handling education, ergonomic assessments and energy conservation strategies

Occupational Therapy is unique in the way that it does not solely focus on the physical limitations of an injury or illness but also considers the psychological and social limitations that may occur. Our therapists have an understanding that a persons' participation in their daily tasks can be supported or restricted by certain elements of their lives.

We are a multidisciplinary team at the Your Health Hub that recognise the importance of multifaceted health programs for our clients.

For further information on Occupational Therapy or any other services available please contact Your Health Hub on 6122 0155 or reception@yourhealthhub.com.au

to find out more, visit our website www.yourhealthhub.com.au

