



*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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**THE BELLERIVE QUAY
HEALTH HUB**
HOLISTIC WELLNESS CENTRE



**OCCUPATIONAL
THERAPY**

**Your One Stop Multi-Disciplinary
Healthcare Service**

Our Service

Occupational Therapy is a person-centred profession that aims to promote health through the participation in everyday occupations. An Occupational Therapist defines your occupations as your tasks and activities you complete throughout your day.

Did you know.....

Our occupations throughout our day are individualised and may differ from others due to our cultural beliefs, our values, our social status, our age or even our gender.

At the Bellerive Quay Health Hub our trained Occupational Therapists will tailor assessment and treatment to suit your personalised occupations. 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. The therapists have an understanding that a persons' participation can be supported or restricted by certain elements of their lives.

“You treat a disease: you win, you lose. You treat a person, I guarantee you, you’ll win, no matter what the outcome.” - Patch Adams

To truly understand how a person functions in their everyday life, an Occupational Therapist has to assess an individuals' occupational performance (how we perform in our daily tasks and environment) this may involve;

- Occupational Performance Roles (patterns of behaviour)
- Occupational Performance Areas (rest, self-maintenance, productivity, leisure)
- Occupational Performance Components (bio-mechanical, sensory-motor, cognition, interpersonal, intrapersonal)
- Core Elements of Occupational Performance (mind, body and spirit)
- External Environments (physical, social, cultural and sensory)

(Ranka & Chapparo, 1997)

This assessment will vary depending on the clients' current needs and future goals. At the Bellerive Quay Health Hub our Occupational Therapists can offer services to aged care, adults and children. This involves both home visits and one-on-one treatments in the consultancy rooms on-site.

What services are available?

- Home assessment and modifications
- Provision of personal alarms
- Cognitive Assessment
- Provision of education, strategies and adaptive equipment
- 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

We are a multidisciplinary team at the Bellerive Quay Health Hub that recognise the importance of multifaceted health programs for our clients. For any further information on occupational therapy at the hub or other services available please scan our QR code below with your smart device to be directed to our website.

References

Ranka, J., & Chapparo, C. (1997). Definition of terms. In C. Chapparo and J. Ranka (Eds.). Occupational Performance Model (Australia): Monograph 1 (pp. 58-60). Occupational Performance Network: Sydney retrieved (insert retrieval date) from www.occupationalperformance.com/definitions

