



Providing Health & Wellbeing Solutions

## OCCUPATIONAL THERAPY SERVICES

### GREAT SOUTHERN REGION



Occupational Therapy for Children,  
Adolescents and Adults



## What is an Occupational Therapist (OT)?

As humans, we spend each day 'doing things.'

This includes

- taking care of ourselves (brushing teeth, showering, sleeping, etc.)
- productivity (going to work, volunteering, school) and,
- leisure (reading, socializing, swimming)



Sometimes we are unable to do the things we need or want to do due to illness, disability, or other factors such as anxiety, as an example.

Occupational Therapists are qualified to help you to problem solve, work around challenges, support you in participating in activities, to enable you to live a meaningful life.

## OT Services at Amity Health

### OT for Children & Teens

Our Occupational Therapists can assess and manage the needs of children and teens experiencing difficulties with:

- fine and gross motor coordination
- sensory processing
- self-regulation
- attention and concentration
- sleep
- a range of mild to moderate disabilities
- visual processing and handwriting
- play and social skills
- school visits, groups, and family therapy are available
- self-care skills such as dressing, meal times and brushing teeth.





Providing Health & Wellbeing Solutions

### Contact Us:

Our friendly team would be happy to assist with your enquiries.

We can be reached by:

Phone: (08) 9842 2797

Email: [query@amityhealth.com.au](mailto:query@amityhealth.com.au)

Or you may like to visit our website at:  
[www.amityhealth.com.au](http://www.amityhealth.com.au)

Amity Health is located at:  
136 Lockyer Avenue  
Albany Western Australia 6330



Amity Health is a registered NDIS provider.

### Referral Options:

Our Occupational Therapy services accepts the following referral options:

- **SELF REFERRALS**

Contact our team directly.

If applicable, Private Health Insurance will cover your OT appointments depending on the level of your cover.

- **GP REFERRALS**

You and/or your child may be eligible for a GP Management Plan or a Team Care Arrangement. See your GP to discuss your options and eligibility

- you can access up to five visits and will be provided with partial Medicare rebates.

- **NDIS REFERRALS**

Self-referral for participants with NDIS plans



## OT Services at Amity Health

### OT for Adults

Our Occupational Therapists can:

- provide a range of services in the community and in aged care facilities
- help you to regain or enhance your skills after events such as hip replacement, stroke, or injury
- assist you to access adaptive equipment such as mobility aids and provide education around its use and how it can help you

The OT team can also provide assessment and therapy to help with:

- simple home modification recommendations
- simple equipment recommendations
- home exercise programs
- sleep management
- your management of conditions such as arthritis, osteoporosis, motor neurone disease and acquired brain injury