

## Referral:

A referral to the Occupational Therapy service can be made by you, your family, your doctor or other health professional.

### Making a referral

You, or your family or friend (with your consent) can call us to make enquiries about the referral process, which may vary depending on the service you are requesting.

## Where and when will I have an appointment?

There may be a waiting time for Occupational Therapy appointments as we respond to all referrals on the basis of priority and need.

Depending on the nature of your service request you may be given an appointment to see an Occupational Therapist in your home, at your child's school or at the Community Rehabilitation Centre, in Mc Crae Street Swan Hill.

The Occupational Therapy team at Swan Hill District Health covers the following areas:

- \* Swan Hill
- \* Piangil
- \* Chinkapook
- \* Nyah and Nyah West
- \* Sea Lake
- \* Berriwillock
- \* Culgoa
- \* Ultima
- \* Lalbert
- \* Lake Boga

Swan Hill District Health's Occupational Therapy department does not usually provide services to New South Wales, but can discuss options with you.



Home Modifications



Hand Therapy

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**For more information contact:**  
Community Rehabilitation Centre  
Swan Hill District Health  
McCrae Street, Swan Hill, 3585  
PH—(03) 5033 9322  
8.00am-4.30pm  
[www.shdh.org.au](http://www.shdh.org.au)  
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# Occupational Therapy Services

## Occupational Therapy



## What is Occupational Therapy?

Occupational Therapy helps people with health needs to safely participate in their everyday activities. It includes tasks that you have to do (such as having a shower) or want to do (such as leisure activities).

Occupational Therapists assist you to address your difficulties through modification to your home, providing you with equipment for your health need (such as shower stools or electric lift and recliner chairs), treating your condition and educating you on saving energy or managing stress.

You may work with an Occupational Therapist in hospital, at home, in the community or at school. The location of your therapy session will depend on your medical conditions and your goals.

Occupational Therapists work with individuals from all age groups.



Paediatric Occupational Therapy

## Occupational therapy at Swan Hill District Health:

Occupational Therapy at Swan Hill District Health offers services to people:

- \* In hospital.
- \* Recovering from a health event at the Community Rehabilitation Centre (CRC).
- \* In Transition Care Program, also known as TCP.
- \* In Aged Care (Logan Lodge and Jacaranda Lodge).
- \* Living in the community.
- \* Who require hand therapy following a hand injury or operation.
- \* Children with delays in development and concerns about behaviour

### Cost:

There is a small fee for OT services, as advised by the Victorian Department of Health fees policy. Your Occupational Therapist will discuss this further with you.

Additional charges apply for the hiring or purchasing of equipment recommended by an Occupational Therapist.



Equipment: Portable Ramps

## Occupational therapy service provides:

Occupational Therapy services provide the following assistance, depending on your needs and goals.

- \* Individual therapy to improve difficulties with tasks such as showering, toileting, dressing, eating, community tasks and general home duties.
- \* Home assessments to address safety and access.
- \* Prescription of health care equipment, such as wheelchairs or bathroom aids.
- \* Personal Alarm information and assessment.
- \* Rehabilitation for the hand and upper limb.
- \* Advice on pressure injury risk, prevention and management.
- \* Education on energy conservation and stress management.
- \* Children's services for developmental delays and/or sensory processing information.
- \* Assessment of cognition and strategies to manage memory loss.
- \* Assistance with discharge planning from the acute ward and Transition Care Program.
- \* Assistance with accessing or applying to funding for health care equipment and home modifications (conditions apply to accessing funding).