

## How to Refer to OT:

A referral to OT can be completed in a few simple ways:

- **Self-Referral:** You or your family can contact us directly to request support or refer through the online self-referral page (<https://www.shdh.org.au/referrals/>).
- **Health Professionals:** Your GP, specialist, nurse, physiotherapist, or other health provider can refer you.
- **Hospital Team:** If you are admitted to Swan Hill District Health, hospital staff can refer you during your stay.
- **Aged Care & Community Programs:** Referrals can be made through My Aged Care, Home Care Package providers, community nursing services, or other support programs.
- **Children's Services:** Families, GPs, Maternal & Child Health Nurses, schools, or paediatric specialists can refer children to our service.

After a referral is received, our team will contact you to discuss your needs and arrange an appointment with you.

## Areas We Service:

Our OT team provide services to people living in Swan Hill and surrounding communities. This includes:

- Swan Hill
- Piangil
- Chinkapook
- Nyah & Nyah West
- Sea Lake
- Berriwillock
- Culgoa
- Ultima
- Lalbert
- Lake Boga

## Contact Information:

### Occupational Therapy Department

Swan Hill District Health

**Address:** Community Rehab Centre-McCrae St, Swan Hill

**Phone:** (03) 5033 9322 | Mon-Fri 8am—4:30pm

**Web:** [www.shdh.org.au](http://www.shdh.org.au)

If you're not sure how to refer—just call us on 03 5033 9322. We are happy to help guide you through the process.



Home Modifications

Hand Therapy

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# Occupational Therapy Services

*Supporting you to live safely and independently.*

## What is Occupational Therapy (OT)?

Occupational Therapy helps you stay independent, safe, and confident in your everyday life.

We support you to do the things that are important to you.

Occupational Therapists can also recommend equipment, home changes (like rails or ramps), and practical strategies to make life easier and reduce the risk of falls.

We work with you, your family, and carers to help you live comfortably and safely at home and in the community.

### What OT Can Help With:

- Staying independent at home
- Falls prevention & safety around the home
- Assessment & provision of strategies to increase independence with showering, dressing, meal preparation
- Recommendation of equipment to support you at home.
- Home modifications (rails, ramps, bathroom modifications)
- Managing fatigue, pain, memory or thinking changes
- Support after injury, during and after hospital stay or illness
- Carer and family education

### Paediatric Occupational Therapy

We support babies, children, and young people (up to 12-years) to learn, grow, and take part in everyday life. This includes help with play skills, fine motor skills (like drawing and handwriting), self-care (dressing, eating), attention and sensory needs.

We work closely with families and schools to support development and confidence.

## Who We Work With:

- Older adults
- People recovering from hospital admission both during and after your hospital stay.
- People with long-term conditions (e.g. arthritis, Dementia, Parkinson's, Stroke)
- Carers and support people
- Children and adolescents

### Benefits of OT:

- Improving safety and confidence at home
- Helping maintain independence
- Reducing risk of falls
- Making everyday tasks easier
- Assisting to stay active in the community

### What to Expect:

1. Assessment
2. Goal Setting to identify what's important to you
3. Plan and intervention
4. Review and follow-up

We work at your pace and in partnership with you and your support network.



Equipment: Portable Ramps

## Equipment & Home Modification Support:

- Trial and loan of equipment (if applicable)
- Prescription and education for safe use
- Advice on home safety modifications
- Referral pathways to suppliers/funding programs.

### Preparing for Your Appointment:

- Bring eye glasses and hearing aids
- Any relevant medical information
- A support person if preferred



Paediatric Occupational Therapy

### Costs & Funding Options:

There is a small fee for OT services, as advised by the Victorian Department of Health fees policy.

Additional charges apply for hire / purchase of equipment recommended by an OT.

### Funding Pathways:

- My Aged Care
- NDIS
- Veterans Affairs
- SWEP

