

# Occupational Therapy Self Assessment

Do you have difficulty managing everyday activities that you used to take for granted?  
Occupational therapy is all about enabling you to maintain your independence in your daily life.

If you answer **YES** to any of the statements below, you may benefit from an occupational therapy assessment:

- I have fallen in the past 3 months
- I am afraid of falling
- I am thinking about using a walking aid (a walking stick or a walker)
- I find it hard to get in and out of my house safely
- I find it hard to get in and out of the shower
- I find it hard to get on and off the toilet
- I find it hard to get up from chairs
- I find it hard to get in and out of my car
- I find it hard to turn taps on and off
- I find it hard to do chores around the home like vacuuming, ironing, etc.
- I find it hard to prepare meals

Occupational therapists can assist you to overcome these problems by recommending suitable equipment (e.g. a shower chair), home modifications (e.g. installing rails), prescribing the correct walker or mobility scooter, rehabilitation after illness or injury and looking at ways to reduce your risk of falling. Assessments are carried out in the comfort of your own home.

## ACCESSING OUR SERVICES

Contact Adssi HomeLiving Australia today on 1300 578 478 to make an appointment or obtain further information about our private services with no waiting times. Your health fund may reimburse you for occupational therapy services.

The Government funds some OT assessments for home modifications. To check your eligibility contact the Community Care Access Point on 1300 731 556. Please note waiting times apply.

If you are a DVA card holder your doctor may be able to refer you for an occupational therapy assessment using a D904 referral form. Please check with your GP.