

## How do I book an appointment?

If you are under 65 years, contact your nearest IPC Health campus on 1300 472 432, or get a referral from your doctor or healthcare provider.

If you are over 65 years (or 50 years and over for Aboriginal and Torres Strait Islander clients, as well as people experiencing homelessness or at risk of homelessness), contact My Aged Care on 1800 200 422. Your healthcare provider can refer you via My Aged Care. Please request the Occupational Therapy service from IPC Health.

You may be placed on a waiting list.

## Can I have an interpreter?

Yes, interpreters are free. Please let us know when booking an appointment.



IPC Health acknowledges the support of the Australian and Victorian Governments.

### IPC Health

PO Box 171  
Deer Park VIC 3023

**ACN** 136 685 151  
**ABN** 68 846 923 225

### Deer Park

106 Station Road  
Deer Park 3023

### St Albans

1 Andrea Street  
St Albans 3021

### Sunshine

Level 1, 499 Ballarat Road  
Sunshine 3020

### Altona Meadows

330 Queen Street  
Altona Meadows 3028

### Hoppers Crossing

117–129 Warringa Crescent  
Hoppers Crossing 3029

### Wyndham Vale

510 Ballan Road  
Wyndham Vale 3024

**1300 472 432**

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**ipC**Health

# Occupational Therapy



## An occupational therapist can help you increase your independence, wellbeing and quality of life.

Occupational therapists can:

- assess your home environment and your ability to complete everyday activities
- provide advice and recommendations on aids and equipment, home safety and modifications, and vehicle modifications
- provide support, education and information for clients and carers
- provide assessment for personal alarms
- help you with applying for funding if you need changes to your environment

## Who can use this service?

People in Brimbank, Hobsons Bay and Wyndham, including carers of people with disability.

## Is there a fee?

A fee may apply for this service. To learn more, please contact our Client Services team on 1300 472 432.

## How can an occupational therapist help?

Occupational therapists can advise about strategies, equipment and modifications to assist you to:

- safely manage your self-care:
  - showering and bathing
  - dressing
  - eating and drinking
  - going to the toilet
  - skin protection (including pressure care equipment)
- safely manage at home:
  - access
  - mobility equipment, including wheelchairs
  - transfers (getting on and off furniture and in and out of vehicles)
  - seating
- safely access your community
  - mobility equipment (including wheelchair, scooter and passenger vehicle modifications)
  - using public transport with your mobility equipment
- prevent falls
- link to other services

