

## How do I book an appointment?

If you are under 65, contact your nearest IPC Health campus or get a referral from your doctor or health provider.

If you are over 65 (50 years and over for Aboriginal and Torres Strait Islander clients), contact My Aged Care on **1800 200 422**. Your health 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.

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## Is there a fee?

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

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## 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 Corporate Office

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### Deer Park

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### St Albans

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St Albans 3021

### Sunshine

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Sunshine 3020

### Altona Meadows

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**ipc**Health

# Occupational Therapy



## What do occupational therapists do?

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

Occupational therapists can:

- assess your home environment
- assess your ability to complete everyday activities
- provide advice and recommendations on aids and equipment
- provide advice and recommendations on home safety and modifications
- provide advice and recommendations on 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

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## Who can use this service?

IPC Health provides services to people of all ages who live, work or study in Brimbank, Wyndham or Hobsons Bay.

Occupational therapy benefits clients with a disability or who are frail, older clients and carers of clients.

## 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
  - with mobility equipment (including wheelchair, scooter and passenger vehicle modifications)
  - using public transport with your mobility equipment
- prevent falls
- link to other services

