



RESTORE ABA & SPEECH THERAPY

# Occupational Therapy

Building Independence in Everyday Life

Sydney · Brisbane · Melbourne · In-home & Telehealth

Occupational Therapy helps individuals participate more independently and meaningfully in the activities that make up everyday life.

At Restore, Occupational Therapy focuses on understanding what matters to the participant and identifying skills, environmental factors and other barriers affecting participation.

What we support

How it works

Who provides it

Your team

Enquire

## Occupational Therapy May Support

- Daily living skills
- Dressing
- Personal care
- Fine motor skills
- Functional gross motor participation
- Sensory processing and regulation
- Organisation and routines
- School participation
- Community participation
- Independence at home
- Play and leisure
- Environmental adaptations
- Functional capacity
- Assistive technology, where appropriate
- Life skills



## How Does Occupational Therapy Work?

- 1 Initial Consultation**  
We learn about the participant's strengths, daily activities, challenges and priorities.

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- 2 Functional Assessment**  
The Occupational Therapist assesses functional abilities and relevant environmental factors.

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- 3 Goal Development**  
Meaningful goals are developed around activities the participant wants or needs to perform more independently.

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- 4 Individualised Intervention**  
The Occupational Therapist develops appropriate strategies and therapeutic activities.

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- 5 Therapy & Practice**  
Intervention focuses on developing functional skills relevant to everyday life.

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- 6 Recommendations**  
Where clinically appropriate, recommendations may address routines, equipment, assistive technology or environmental modifications.

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- 7 Progress Review**  
Functional outcomes are reviewed and intervention is modified when needed.



## Who Provides Occupational Therapy?

### Registered Occupational Therapist

Typical qualifying education includes:

- Bachelor's degree in Occupational Therapy; or
- Qualifying Master's degree in Occupational Therapy.

Occupational Therapists may undertake additional education in:

- Paediatrics
- Assistive technology
- Daily living and independence
- Disability
- Functional capacity
- Other specialised areas
- Sensory processing
- Mental health

Occupational Therapy services requiring an Occupational Therapist are provided by practitioners who meet applicable Australian professional registration requirements.

## Who May Assist With Therapy?

### Allied Health Assistant / Occupational Therapy Assistant

Where clinically appropriate, an assistant may help implement selected activities developed by the Occupational Therapist.

Possible educational backgrounds include:

- Certificate III or IV in Allied Health Assistance
- Occupational Therapy university students, where appropriate
- Relevant diploma-level studies
- Other relevant allied-health education

The Occupational Therapist retains responsibility for assessment, clinical recommendations, treatment planning and professional decision-making.



## How the Team Works

### Occupational Therapist

Functional Assessment → Goals → Intervention Plan



### Occupational Therapist and/or Allied Health Assistant, where appropriate

Skill Practice → Daily Living Activities → Observations



### Occupational Therapist

Progress Review → Clinical Decisions → Plan Modification

## Learn More / Enquire About Occupational Therapy

Talk with our team about everyday goals, functional assessment and how occupational therapy could support you or the person you care for.

[Enquire About Occupational Therapy](#)

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