

OCCUPATIONAL THERAPY DISCOVER HOW WE CAN HELP



OCCUPATIONAL THERAPY CAN BE HIGHLY BENEFICIAL TO MANY NDIS PARTICIPANTS.

What does an occupational therapist do?

Occupational therapists, also known as OTs, assist people to live as independently as possible. OTs encourage people with disability to participate in their hobbies and interests and enjoy their life, the way they chose.

Is occupational therapy covered by the NDIS?

Yes, occupational therapy is covered by the NDIS. OT services are funded directly from your capacity-building budget. In some cases, you can also use your core supports budget to pay for services.



HOW SUPERYOU OCCUPATIONAL THERAPISTS CAN HELP YOU

Functional Capacity Assessments (FCAs)

A functional capacity assessment examines all aspects of your life and makes recommendations about the support you need. Our OTs will spend time getting to know you, so they can really understand the things that are important in your life. A comprehensive report will then be created and submitted to the NDIS as evidence for the funding you need.

Living independently

Superyou OTs can complete a Specialist Disability Accommodation (SDA) assessment to determine your ability to live safely at home. This will assess your ability to care for yourself at home and how easily you can move about your home. An SDA assessment is the first step to finding a safe and suitable home which matches your needs.

Morning activities

Our OTs can help break down activities as a showering, dressing, and brushing your teeth into achievable and bite-sized tasks. We will help you to plan and practise your morning routine, so you feel confident to meet the challenges of a new day.

Fine motor skills

Do you have difficulty writing or drawing? Our OTs can assess your current skill level and provide recommendations to improve your handwriting. If you have problems using small buttons or zippers, they can show you hand exercises to strengthen your grip and improve your fine motor skills.

Memory, planning & decision making

Many people struggle with their memory, with making decisions, and with planning – especially as they get older. Our OTs are trained to identify these types of issues and the impact they can have on everyday tasks. Your Superyou therapist will work within your current environment to help you learn new skills, improve your abilities, and implement strategies to make it easier for you to complete the activities you enjoy.

Assistive technology (equipment)

We believe that life should be accessible for everyone. Assistive technology is equipment which allows people of all abilities to participate in life. Our OTs can assess your current physical skills and your need for different types of equipment, such as modified cutlery, electric lounge chairs, and height adjustable beds.

Complex home modifications

A comfortable home is vitally important for your wellbeing. Homes don't always match our physical needs, so Superyou OTs can assess your home and recommend ways to make it safer and easier for you to live. This can include installing ramps, rails, or even doing complex bathroom modifications. Modifying your home to match your needs will allow you to continue living independently for longer.





Scan the QR code to view
our services



Get in touch with us

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