

Information Sheet

What is an Occupational Therapist?

Occupational Therapists (OT) assist people of all ages to overcome limitations caused by injury or illness, psychological or emotional difficulties, developmental delay or the effects of ageing. They assist people to move from dependence to independence, maximising personal capability.

OTs often work in a multidisciplinary team to assist people to overcome a wide range of conditions including:

- Diabetes
- Cardiovascular disease
- Stroke
- Arthritis
- Neurological conditions
- Stress.

OTs have either a four year Bachelor's degree or a two year Graduate Entry Master's Degree in the disciplines of:

- Human biology, anatomy and Physiology
- Social and behavioural science
- Occupational science
- Functional assessment and activity analysis
- Occupational therapy theory and practice
- Communication and management
- Research.

How can an Occupational Therapist help?

OTs can assist with:

- Physical rehabilitation
- Home modification
- Social and emotional wellbeing
- Driver assessment and rehabilitation
- Equipment prescription, such as wheelchairs.

When to refer to an Occupational Therapist

Patients could be referred to an OT if they have difficulties with everyday activities such as dressing and mobility.

Medicare Eligibility

To be eligible to provide services under Medicare, OTs must be registered with the Occupational Therapy Board of Australia. Most private health insurers provide rebates.

For further information visit

- www.otaus.com.au