

Occupational therapy and you

Occupational therapists are trained to help you with self-care, work and leisure.

If you're having difficulty with everyday tasks, an occupational therapist may work with you to:

- help you learn new ways of doing things
- provide equipment
- make changes to your living or work space, to make life easier.

Occupational therapists work with people of all ages at home, hospitals, schools, nursing homes, work places, and in the community.

Occupational therapists are registered health professionals which means that they need to meet four national standards when working in Australia.



Standard 1: Professionalism

Your occupational therapist must practice in an ethical, safe, lawful and accountable manner, to support your health and wellbeing.



Standard 2: Knowledge and learning

Your occupational therapist must learn and develop their skills continuously throughout their professional careers, so they can offer you the most up-to-date, evidence-based care.



Standard 3: Occupational therapy process and practice

Your occupational therapist must focus on the best outcomes to promote health and wellbeing for individuals, groups, communities and populations.



Standard 4: Communication

Your occupational therapist must communicate clearly with you and anyone who helps to care for you, to ensure the best outcome for you.

If you or someone you know has a concern about the care being provided by a registered health practitioner, contact the Australian Health Practitioner Regulation Agency (Ahpra) on **1300 419 495**

For more information www.occupationaltherapyboard.gov.au