

# Face-to-Face Occupational Therapy



Access Therapist offers OT services in your home, school or workplace to help you achieve your goals, maximise your independence and live your best life! We provide assessment and therapy services to help you identify areas of support that will increase your quality of life; identify your goals and move towards achieving them; access an appropriate home environment to support your needs; identify and apply for the technology and services that will enable you!

## We focus on the 6 functional domains when determining the supports that will most help you through the NDIS:



mobility/motor skills



social interaction



self-care



communication



learning



self-management

An OT functional assessment focuses on what your goals/hopes are for your future then seeks to identify how you are managing day to day and what challenges/gaps need to be addressed in order for you to make progress towards achieving these goals.

### What does an OT Functional Assessment involve?

This will likely be covered over more than one session, depending on the complexity of your situation and amount of hours included in your plan for the assessment.


Sessions will be completed in the comfort of your home with a qualified, experienced therapist, carefully selected to suit your needs.

# STEP 1

## Usually an introductory appointment – 2 Hours

Step 1 – Will usually involve you meeting with your OT to discuss your situation. This can occur in the comfort of your home, school or workplace. This conversation will focus on the following areas:

- Self care
- Home Management
- Community Management
- Work/Study/Vocational Activity
- Leisure/Recreational/Social Engagement



*Being able to connect with my therapist from the comfort and safety of my own home has made life so much easier. No travel, no stress. Access provides a great service for NDIS Participants.*

John Petersen  
NDIS Participant

# STEP 2 & 3

## Can be up to 8 Hours

Steps 2 and 3 involve your Occupational Therapist conducting specific standardised testing or observational assessment to better understand the root cause of your identified difficulties and help you identify evidence-based solutions that will assist you to meet your goals. They will then liaise with any parties that may also have feedback or information to assist with solutions and with your consent prepare a report that will provide the clinical reasoning and recommendations. The Occupational Therapist will explain the recommendations made with you, and forward your report so that the NDIS can better understand your needs when determining funding approvals.

## What if I need home modifications or assistive technology?

Our OTs will guide you through providing the information that they require to gain a preliminary understanding of your needs before contacting their network of builders and assistive tech providers to obtain the specific plans, quotes, trials and information required to support you in applying for the modifications or technology. Our team utilize best practice techniques to ensure your safety remains our first priority through this process and we have OTs who have completed Complex Home Modification Training within our team to ensure NDIS guidelines are well maintained.

## What if I need ongoing therapy?

If you are needing continued therapy to assist with meeting your goals, the OT will ensure the hours to be used from your plan and the goals to be addressed are clear and agreeable to you prior to commencing. Our therapists are well situated and ably resourced and skilled to provide quality therapy services. They will work with you to provide tools and resources, education and therapy to help you improve your level of function and quality of life. The beauty of our service is that you access a very high quality therapist without needing to manage the logistics of leaving home as the therapists come to you. Towards the end of your therapy service your OT will provide a comprehensive report on how the therapy time has been spent and what services or therapy may be required ongoingly, this will provide you with feedback on what you have achieved (often using objective testing to measure your progress with your goals) and provide the NDIS with the information they need for their next plan review.