

## Need help?



If you think you might like assistance from an Occupational Therapist, speak with us about including an OT assessment in your NDIS plan.

We can help advise if you are eligible for NDIS funding as well as providing a range of the supports you may need.

## What to ask for in your NDIS planning

Occupational Therapy assessment and training are found under:

- Assistive Technology
- Improved Daily Living

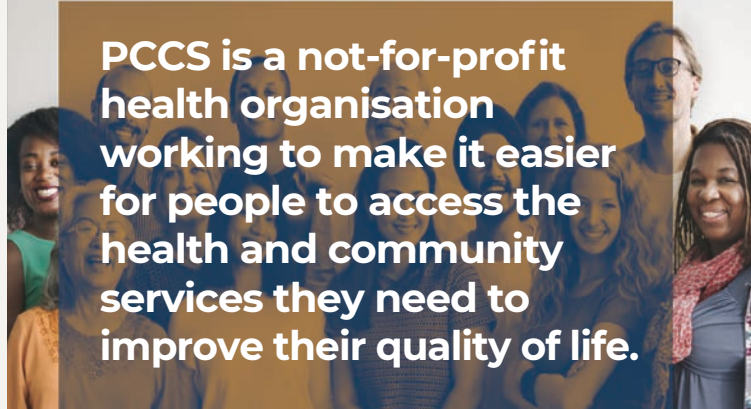


Most OT services can be funded under the NDIS without any cost to you. Ask us how!

## Connect with us



PCCS is a not-for-profit health organisation working to make it easier for people to access the health and community services they need to improve their quality of life.



## For more information

- ☎ (07) 3186 4000
- ✉ [enquiries@pccs.org.au](mailto:enquiries@pccs.org.au)
- 🌐 [gc.pccs.org.au](http://gc.pccs.org.au)
- 🏠 2570 Gold Coast Highway, Mermaid beach QLD 4218

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ABN: 92 154 673 793

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# Your key to improved daily living

## Our Occupational Therapy services

Assessments, treatments and supports that help you get the most out of life



# Occupational Therapy at PCCS

Our Occupational Therapists (OTs) are available to help you manage and live with long-term (chronic) health conditions.

They are experts in the relationships between what people do ('occupation') and their health and wellbeing, and work with people to make everyday living easier.

At PCCS, our OTs can help people manage ongoing symptoms and prevent complications by:

- Building knowledge and skills
- Finding new ways of doing activities
- Changing the environment to suit needs
- Developing skills to live more independently
- Dealing with stress and emotions more effectively
- Linking in with the community
- Coping with grief and loss
- Managing self esteem
- Structuring daily life.

**We listen to your needs and help you take control.**

## What services do Occupational Therapists provide in the National Disability Insurance Scheme (NDIS)?



Our team of qualified and experienced Occupational Therapists can provide:

- | Guidance with Assistive Technology (aids & equipment) and Home modifications
- | Assessment of personal support needs (personal care)
- | Housing assessments for participants who need Specialist Disability Accommodation (SDA) or Supported Independent Living (SIL) Accommodation
- | Transport assistance
- | Orientation and mobility training
- | Rehabilitation for social participation

Your PCCS OT will provide assessment, support and training specifically designed for you, so you can do the things you need and want to do in all aspects of your life.

## What is Occupational Therapy for 'Improved Daily Living'?

OTs aim to support you to be as independent as possible so you can start or continue the occupations of everyday life that are meaningful to you.

Occupations of everyday life include:

- **Activities of daily living:** Self-care such as showering, grooming and eating
- **Household & community functioning:** Home maintenance, driving, budgeting, shopping and community mobility
- **Education:** Activities to enable effective participation in a learning environment
- **Leisure and play**
- **Social participation:** Interacting positively with others in the community
- **Work (paid and unpaid):** Participating in employment and volunteer activities.

Your life,



our OTs make it happen