



## Community Occupational Therapy

### What is Occupational Therapy?

The primary goal of occupational therapy is to enable people to participate in the activities of everyday life.

‘Occupation’ refers to everything people do to occupy themselves, including looking after themselves (self-care), enjoying life (leisure) and contributing to their communities (productivity).

### About our service

Working as part of a multi-disciplinary team, community occupational therapists assess how a patient manages everyday tasks. Interventions are patient-centred and aimed at working with the patient and carer/whānau to achieve agreed goals.

### Assessment of needs

Occupational therapists use a variety of informal and standardised assessments to assess cognitive, affective (emotions, mood) and physical function in regards to a patient's ability to participate in self-care (showering, dressing, grooming), productivity (meal preparation, caring for others) and leisure tasks.

Depending on the patient's needs, this may occur face-to-face in the patient's home or via a phone or video call (telehealth).

### Interventions aiming to improve ability to carry out chosen activities

- Education and advice to improve the way everyday tasks are done
- Rehabilitation programmes
- Advice and/or assistance with applications for adaptive equipment and home modifications
- Assessment and advice regarding the provision of standard wheelchairs and seating for activities of daily living, if required for mobility within the home
- Pressure care, and 24 hour postural management (positioning in wheelchair and bed)
- Cognition screening, interventions and advice
- Fatigue and pain management, through adapting activities and environment
- Assistance with linking to relevant community resources

### Community Health Contact Numbers (8.00am - 4.30pm; Monday to Friday)

Te Whare Karaka, North Shore Phone: (09) 486 8900  
Waitakere Phone: (09) 837 8828  
Hibiscus Coast Phone: (09) 427 0300  
Warkworth Phone: (09) 422 2700

For referrals, please contact the Referral Screener on (09) 486 8945 ext 43222 for all bases

Email: [OlderAdultsHomeHealth@Waitematadhb.govt.nz](mailto:OlderAdultsHomeHealth@Waitematadhb.govt.nz)

Issued by	Occupational Therapy	Issued Date	July 2021	Classification	17 4103-03-001
Authorised by	PCL, Occupational Therapy	Review Period	36mths	Page	Page 1 of 1

This information is correct at date of issue. Always check in the relevant Waitematā DHB policy manual that this copy is the most recent version.