

Enabling participation in the activities of everyday life

What is Occupational Therapy?

The primary goal of Occupational Therapy is to enable people to participate in the activities of everyday life. This can include:

- developing strategies which focus on an individual's goals, priorities and needs
- working with family and support teams
- developing strategies for tasks that may be difficult
- providing functional capacity assessments
- increasing independence in daily tasks
- acquiring new skills to improve your chances of getting a job
- learning skills to look after yourself - personal Activities of Daily Living (ADL)
- developing skills to maintain your home environment - domestic ADL
- development of social skills and understanding.

Accessing Occupational Therapy at KHG

Additional benefits of accessing Occupational Therapy at Kevin Heinze Grow:

- Using the natural environment and engaging in horticultural therapy can harness an individual's interests and ensure goals are met
- Being active outdoors can increase physical and overall wellbeing
- Reduced feelings of isolation and loneliness through connection with others in a shared garden space
- A sense of shared purpose and achievement.



Who we work with

At Kevin Heinze Grow we work with adolescents and adults aged 16+ who have a lifelong disability and/or an acquired disease or condition, such as Autism, Intellectual Disability, Parkinson's Disease, Dementia, Stroke, or Acquired Brain Injury (ABI).

Occupational Therapy at Kevin Heinze Grow can be accessed through:

- private funding
- National Disability Insurance Scheme (NDIS)
- Transport Accident Commission (TAC).

To discuss individual needs, please get in touch with our dedicated Client Services team.

**FIND OUT
MORE**

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