

Occupational Therapy for Adults

COMMUNITY HEALTH



If you have any English Language difficulties, please ask staff to book an interpreter. From home contact the **free** Telephone Interpreter Services on **03 9605 3056**. Ask staff if this information is available in your preferred language.



At Eastern Health, we care about your health and wellbeing.

How can Occupational Therapy help you?



Our **Occupational Therapists** can help you stay well at home if you are having difficulties with:

- Looking after yourself
- Bathing, grooming, toileting
- Being safe at home
- Preparing your meals
- Shopping
- Cleaning
- Confusion or memory loss
- Recreational and leisure activities
- Getting around at home or in the community, for example using a wheelchair or scooter

Occupational Therapists at Eastern Health Community Health provide one on one and group appointments to help you achieve wellbeing and independence.

Occupational Therapists can help you to live satisfying lives by enabling you to continue to participate in meaningful activities. This may include self-care, household tasks and community activities.

Occupational Therapists will meet with you and your family, to discuss your goals and develop a personalised plan. This may include prescription of equipment and home modifications.

To make an appointment:

If you are under 65:

Phone: **1300 130 381 Option 4** (Mon to Fri)

Email: communityhealth@easternhealth.org.au

If you are over 65:

Please contact My Aged Care and ask for a referral to our service

Ph. 1800 200 422 /

<https://www.myagedcare.gov.au/make-a-referral>

What are the costs?

Our services are for low and medium income earners.

Fees depend on the service: ■ Low income - \$11 ■ Medium income - \$17

(Please note that the Community Health income ranges are based on the Centrelink Income Test for pensioners)

Due to high demand there may be a waiting time for this service. Please speak with us about the wait times for our services.

What else do we offer at Healesville Hospital and Yarra Valley Health?

Please ask for 'Our Services' brochure.

If you are unsure which service you require, we can help you find the right service. If we are unable to help you, we will direct you to a service that can

For Further Information

Phone: 1300 130 381 – option 4

Monday – Friday / 9.00am – 4.30pm

Location details:

Healesville Hospital & Yarra Valley Health

377 Maroondah Hwy, HEALESVILLE 3777

- Bus Stop (corner Eadie Avenue & Maroondah Hwy)
- Car parking onsite

Website: <https://www.easternhealth.org.au/locations/healesville-hospital-and-yarra-valley-health>



If you have any feedback or suggestions on how to improve this information sheet, please contact brochure.request@easternhealth.org.au