

SOME TIPS FOR KEEPING SAFE AT HOME

- Keep your home free from clutter and trip hazards like power cords and loose mats
- Ensure you have good lighting
- Use aids and equipment to improve your safety and independence
- Keep in regular contact with family and friends
- Keep active and involved in the community
- Seek support if required



✓ **CONSUMER REVIEWED**

This publication has been reviewed by a health service user

BOOKINGS AND APPOINTMENTS

 1800 007 224

Email: intake@bch.org.au

Fax: (03) 5258 0864



You can make an appointment yourself or ask your doctor, health worker or other service for a referral.

Eligibility criteria and waiting periods may apply to some of our services.

BCH acknowledges the traditional Custodians of the land where we work, and pay respects to Elders past, present and emerging.

HEALTH CENTRE LOCATIONS

DRYSDALE

23 Palmerston Street
Monday - Friday
8:30am - 5:00pm

OCEAN GROVE

78 Presidents Ave
Monday - Friday
8:30am - 5:00pm

PORTARLINGTON

39 Fenwick Street
Monday - Friday
8:30am - 5:00pm
Fax: (03) 8513 6202

DRYSDALE YOUTH

Peninsula Drive - behind
bus shelter no. 5
Drysdale
Monday - Friday
9:00am - 5:00pm
Fax: (03) 5251 5099

POINT LONSDALE

2 Nelson Road
Point Lonsdale
Monday - Friday
8:30am - 5:00pm

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www.bch.org.au

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PO Box 26 Point Lonsdale 3225

ABN 96 536 879 169

Occupational Therapy



bch Bellarine
Community
Health

With you for life

Bellarine Community Health provides specialist health services for all ages across five locations on the Bellarine. We are committed to providing quality, affordable health care.

Bellarine Community Health is proud to promote and advocate for the health needs of our diverse community.

Our service provides safe, inclusive and high quality care for everyone.

HEALTH SERVICE FEES

Fees for health and dental services are calculated on your income and your ability to pay.

Fees will be explained prior to an appointment being made for you.

Difficulty or inability to pay will not prevent you from receiving treatment or service.

BCH is a registered NDIS provider.

Visit www.bch.org.au for detailed list of fees.

GIVE US FEEDBACK

Bellarine Community Health is wholly committed to improving our services through your experiences.

Please contact us at haveyoursay@bch.org.au or download a feedback form from our website.

WHAT IS OCCUPATIONAL THERAPY

Occupational Therapists (OT) work with people to improve their independence, safety and quality of life.

An Occupational Therapist can work with you and your family to understand your needs and can suggest and assist with making any changes which may be needed in your home.

They help make changes and achieve goals that are important to you in your daily activities.

WHAT ARE DAILY ACTIVITIES

These are things you might do each day such as;

- Showering, dressing, grooming and toileting
- Making meals
- Cleaning the home
- General maintenance around your home
- Shopping or banking
- Using public transport
- Work and study
- Social activities
- Hobbies

Occupational Therapists can see you at one of our sites, or visit you at home or in the community.

HOW OCCUPATIONAL THERAPY CAN HELP

An Occupational Therapist can provide help in a number of ways including;

- Advise what aids and equipment might be helpful such as shower chairs, toilet frames, wheelchairs and scooters
- Help with funding applications
- Educate on home safety and how to prevent falls
- Advice on possible changes to your home to improve access and safety such as ramps, rails, and steps
- Pressure care management and prevention
- Assist to manage long term health issues such as arthritis, back and chronic pain, heart and neurological conditions
- Back care and ergonomics
- Assistance with Palliative Care

