

Why are some consumers being offered an appointment with an Occupational Therapist (OT)?

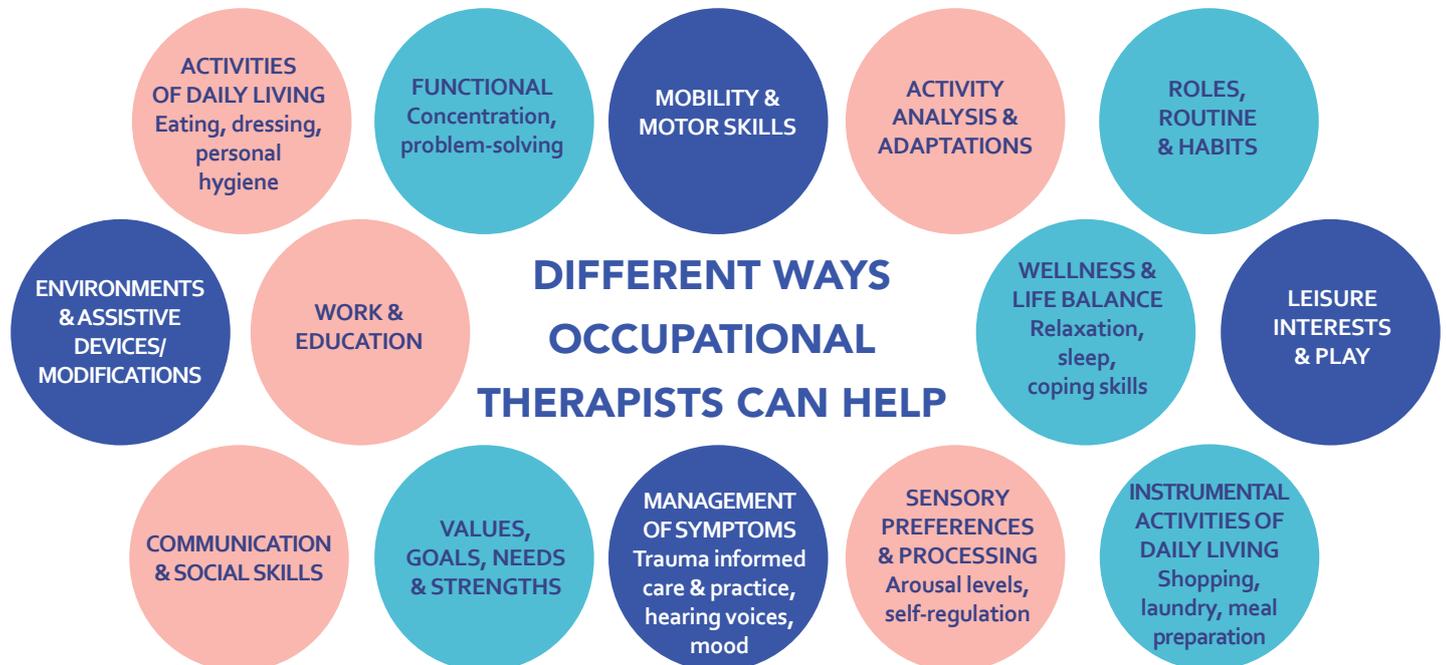
RFQ is supporting consumers to gain the best possible supports for their health and wellbeing. One way they are doing this is by involving OTs.

- OTs can provide specialised functional assessments and interventions for people with psychosocial disabilities and complex needs.
- OTs can provide additional evidence of clients' goals, needs, suitable interventions, supports, adaptations to activities / environments and prescription of assistive devices.

What are the benefits of an assessment or intervention by an OT?

Occupation is not just about 'work'. It's about the activities that people need or want to do.

- People living with psychosocial disabilities often have a range of needs such as mental health and cognitive challenges, physical health problems, and social and emotional issues.
- OTs assess all these areas to understand someone's ability to do important things safely and independently.
- OTs can offer a range of interventions and recommend appropriate supports if needed.



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How do people access an Occupational Therapist?

Occupational Therapy is available to NDIS participants with improved daily living skills funding.

What does an Occupational Therapist do?

Occupational Therapists (OTs) provide specialist assessment and treatments, with an aim to help people live full and meaningful lives.

NDIS participants may be managing issues such as mental health and physical health problems, social and emotional concerns, and challenges with learning or remembering. OTs assess all these areas to understand the participant's ability to do important things safely and independently. OTs can offer a range of treatments and recommend appropriate supports to help if needed.

What should participants expect if they have an appointment?

When first meeting with an OT, they will ask participants (and sometimes carers) questions about important activities and goals in the participant's life. OTs may also want to observe participants doing certain tasks. They then develop a plan with the participant to help the participant do what is most important in their life.



About RFQ

Richmond Fellowship Queensland (RFQ) is a well-respected not for profit company and leading provider of psychosocial mental health services, serving the Queensland community for 45 years.

Today, RFQ provides a diversity of evidence based psychosocial recovery and allied health services. From working in acute mental health wards and correctional facilities and supporting discharge and release pathways, to keeping people healthy in the community, including through therapeutic supports, RFQ's vision captures the passion and conviction of our work:

A future recovered for people facing mental health challenges and social disadvantage.

This statement of hope is also captured in RFQ's logo, Recovered Futures. Our RFQ community inspires and reassures people in recovery that there is hope and a future.

Recovered Futures – Mental Health Recovery and Wellbeing