

# Occupational Therapy

**Learn skills you use in everyday life for independence and confidence, no matter your level of vision loss.**

## **About Guide Dogs SA/NT**

For more than 65 years, Guide Dogs SA/NT has been helping people living with vision loss to achieve their goals and live the way they want. Although known for our iconic Guide Dogs, we also offer many other Vision Services to meet your needs, delivered by our professional and supportive team.

## **What is Occupational Therapy?**

Occupational Therapy, often referred to as 'OT', enables people to undertake necessary tasks or activities they find meaningful with independence and confidence. This can include personal care, caring for others, working, volunteering, using assistive technology, and participating in hobbies, activities and social events.

## **What can OT support help you with?**

Working with our Occupational Therapists, you will identify personal goals and learn practical skills to achieve them. These can include, but are certainly not limited to:

- **Personal care skills:** Showering, grooming, choosing an outfit, getting dressed, and managing medications.
- **Household skills:** Cooking, cleaning, making a cup of tea or coffee, doing the laundry or gardening.
- **Tasks in the community:** Withdrawing money from an ATM, signing documents, identifying and managing money or grocery shopping.
- **Communicating with others:** Using a phone, handwriting, presenting yourself confidently or learning to use other assistive technologies in day-to-day life.
- **Your home setup:** Adapt your home environment to meet your needs and explore gadgets for independence in all rooms.

## **Who can access OT services?**

Regardless of your age, level of vision loss or prior OT support, we have services to help you achieve your goals, big and small, even if they change over time.

If you need additional services, Guide Dogs SA/NT offers a broad range of support to cater for your needs. If you would like to learn more about these services, please contact our Client Support Team using the details on the back of this booklet.

## **How is support tailored for your situation?**

We tailor our services to suit your needs, whether it's one or several sessions, or ongoing support.

'Everyday life' can mean something different for everyone. If you have a specific skill you would like to learn and add to your routine, we can create a personalised program that will help you master it.

Depending on your individual circumstances, services might take place in the hospital, at home, alongside family, with your wider support team, or out and about in the community. Depending on your individual circumstances, your support might take place at home, alongside family, with your wider support team, or out and about in the community.

### **When should you enquire?**

Don't wait for a diagnosis to contact Guide Dogs SA/NT about how we can support you. If vision loss is impacting your daily life, reach out to our Client Support Team, who will help you take the next steps in your journey.

### **How do you make an enquiry?**

To enquire about services or make a referral: visit: [sant.guidedogs.com.au/request-a-service](https://sant.guidedogs.com.au/request-a-service) or get in touch using the contact details below.

If you're ready to make a referral, we welcome self-referrals or referrals from any health professional, carer, family member or friend. Please ensure you have the consent of the person you would like to refer before requesting services on their behalf.

### **What funding is available?**

You may be eligible or already receiving funding from a range of sources including, but not limited to:

- NDIS
- My Aged Care
- Children and Students with Disability (Department for Education)
- Department of Veterans Affairs

Support for some of our services is also available through agreements with other support agencies, or our own charitable endeavours.

For more information about funding support, contact our Client Support Team using the details on the back of this booklet.

### **Guide Dogs SA/NT contact details**

- Call 1800 757 738 Visit [sant.guidedogs.com.au/request-a-service](https://sant.guidedogs.com.au/request-a-service)
- Email <mailto:support@guidedogs.org.au>
- Address: 251 Morphett Street, Adelaide, SA 5000

### **Follow us on social media:**

- Facebook <https://www.facebook.com/GuideDogsAustralia/>
- Instagram <https://www.instagram.com/guidedogsaustralia/>
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- Twitter <https://twitter.com/GuideDogsAUS>
- YouTube <https://www.youtube.com/c/GuideDogsSANT>

ABN 91 183 168 093.

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