



MENTAL HEALTH OCCUPATIONAL THERAPY

Occupational therapists through Aidaway OT undertake mental health intervention through various measures with the intent to optimize engagement in everyday function.

Occupational therapy is not well understood within the community, hence some examples of our role include:

- Emotional regulation skill development (including the use of sensory modulation modalities).
- Talk-therapy (e.g application of CBT, DBT, ACT modalities, which are not as extensively undertaken as a Psychologist however more focused on the practical application in daily life).
- Social skills development.
- Behavioural management (e.g. management of risks and challenges such as trauma responses).
- Cognitive skill development/management.

Our team works with teenagers and above in a variety of environments which align to client preferences. We aim to facilitate intervention through collaboration with clients, caregivers and any other party that is relevant.

Where skill development may not be extensive, our allied health assistant can be engaged.

Aidaway OT currently supports NDIS clients with an array of needs/disabilities.

Our team is familiar with complexity, whereby we often work with cases whereby intervention exceeds the NDIS space and aligns also with the justice and child protection schemes as some examples.

In the mental health space, we encourage a team approach and often find that OT services include education to caregivers, close collaboration with behavioural support practitioners, and an array of assessments which may guide the team at hand e.g. cognitive assessments.

When do I need a mental health OT?

Mental health OT needs are often identified from various providers such as support coordinators.

As there can be some overlap between allied health services in this space e.g. Psychology vs OT, a holistic discussion is recommended to occur.

What funding is available to support this intervention?

There are a range of funding options within the NDIS scheme.

Aidaway OT typically collaborates with clients whom are plan managed or self-managed. (We are unable to service NDIA-managed clients as registration is not valid at the present time).

Due to the diversity aligned with cases, we recommend this matter be discussed with relevant parties. Our services often encourage collaboration to support cost-effective management of intervention. For example, monthly OT intervention between a client/support worker/OT whereby a session involves streamlining a plan in which the support worker can implement between OT sessions.

Who can I contact to discuss this matter further?

Please feel free to liaise with our admin staff on 03 9069 2106 for further details.

Via email, this is best directed to admin@aidawayot.com.au. For specific OT queries, these will be further streamlined as required.
