

# Lithgow Occupational Therapy service



**A free occupational therapy service now available for older adults living at home in Lithgow.**

**The service will include an initial occupational therapy home visit, where needs will be identified and an intervention plan developed. The following interventions may be provided:**

- Assistance with My Aged Care applications for assessment/reassessment
- Home safety assessment
- Assessment and interventions for activities of daily living
- Equipment and aids prescription
- Falls prevention interventions and education
- Assessment for home modifications
- Seating assessment
- Assessment for personal alarm devices
- Energy conservation education
- Pressure area prevention
- Cognitive assessment

Eligible people must be aged 65 years and over (or aged 55 years and over for Aboriginal and Torres Strait Islander peoples) and they must reside in the community or in independent living units/over 55s living in Lithgow or surrounding areas\*. GP referrals preferred.

*Residents of residential aged care homes are ineligible.*

**This service is fully funded by Wentworth Healthcare, the provider of the Nepean Blue Mountains Primary Health Network. This service is delivered by Tablelands Sports & Spinal Physiotherapy.**

To find out more, search 'Mobile Occupational Therapy' at:  
**MyHealthConnector.com.au**

Call: **(02) 6352 3131** email: **info@tablelandspysio.com.au**

*\*Surrounding areas include the 2786 and 2758 postcodes of the upper Blue Mountains and outer Hawkesbury.*

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