

## Occupational Therapy

It's Occupational Therapy week 23 - 27 October 2017

Occupational Therapists help with **all** the things you do on a daily basis: looking after yourself and others, your environment, your leisure and work. They aim to maintain or improve your independence, health, wellbeing and quality of life. Occupational Therapists are registered under an Act of Parliament. They meet standards required by the Occupational Therapy Board.

Occupational Therapists will help identify the cause of your difficulties. They will recommend practical solutions for the best possible outcome for your needs, wherever you live, work, learn, or play. For example:

- ways to increase your independence
- choosing, issuing and sourcing equipment
- alternative ways of doing things
- eliminating hazards
- organising your physical environments to function for you



They will help you and those supporting you to:

- understand how your age and disability, injury or illness affects your independence and wellbeing
- find ways for you to function as independently as possible
- make a plan and help you put it into action
- source equipment and its funding
- work with other health professionals and those involved with your care.

For more information click on these links

<https://www.otnz.co.nz/public/>

<http://www.therapyprofessionals.co.nz/occupational-therapy.html>

### Staff Profile **KC (Kerryn) Muir,** **Occupational Therapist**

KC has been an Occupational Therapist since 2004. She has a Bachelor of Occupational Therapy from Otago Polytechnic. Her clinical work has included working in hospitals and the community with all ages. Her special interests are working with children and the physically and intellectually disabled.



If you require the help of one of our friendly occupational therapists contact us as follows:

**Phone:** 03 377 5280

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