

Occupational therapy



Maintain your daily independence

At BlueCare, we're here to help you do the things that matter most—your way. Whether it's getting dressed, preparing meals, or enjoying hobbies, our occupational therapists work with you to stay independent, safe and confident in your everyday life.

We tailor practical strategies and solutions to support your needs, goals and lifestyle.

Personal support for everyday tasks

We support people experiencing:

- Difficulty with daily personal care or household activities
- Reduced mobility or coordination
- Memory or cognitive changes
- Recovery after illness, injury or surgery
- Challenges with home safety or accessibility
- Neurological or age-related conditions

Therapy can be delivered in your home or at a BlueCare centre—wherever you feel most comfortable.

How occupational therapy can help

Our experienced occupational therapists can help you:

- ✓ Maintain your independence at home
- ✓ Improve daily living skills
- ✓ Adapt your home to suit your needs
- ✓ Recommend mobility and assistive equipment
- ✓ Prevent falls and injuries
- ✓ Build confidence in daily routines

We take a personalised, practical approach—working alongside you to find solutions that fit your lifestyle.

Explore our full range of allied health services

Exercise physiology • Physiotherapy • Podiatry

Music therapy • Dietetics • Social work

Psychology and counselling

Speech pathology



Our occupational therapy services are available through:

- Support at Home
- Department of Veterans' Affairs
- Fee-for-service

Let's get you moving

Speak with us today to learn more or to book a personalised assessment.

 1300 258 322

 bluecare.org.au

 BlueCare -
in good hands

 **BlueCare**
Live life your way

Proudly part of



UnitingCare