



Coastwide Therapy Services

Berkeley Vale - 1/152 Lakedge Ave, Berkeley Vale

Toukley - 1/44 Victoria Ave, Toukley

Woy Woy - 12, 26-30 Railway Street Level 1,
Clock Tower Building, Woy Woy

CALL 43 881110 For more information

WORKING WITH ADULTS

When working with adults the Occupational therapist has an overriding goal of helping individuals regain or maintain a level of independence that will allow them to be as safe and functional as possible for as long as possible. In addition to assessing the family home to ensure it can be accessed safely an Occupational therapist may prescribe specialised equipment to assist in maintaining ones independence. This may include walking frames, wheelchairs, toilet aids, hoists, slings, hi- low beds and specialised seating that may be custom made to suit the person.

Occupational therapists are unique in that they look at the whole picture when it comes to a person and the issues they present with. This involves analysing the task that needs to be performed, and the environment in which the task takes place. They find creative solutions and offer advice along with adaptive equipment that will assist an individual maintain his/ her independence and dignity.

Coastwide Therapy Services can help adults in the following areas:

Equipment prescription - Coastwide Therapy Services will prescribe any adaptive equipment required to assist an individual be more functional and engaged in their environment. Our therapists prescribe a range of equipment including wheelchairs, bath aids, hoists, slings, hi low beds, toilet aids etc.

Living skills assessment and skill development - Coastwide Therapy services will assist people to develop or regain their independence in the areas of self- care, toileting, dressing, grooming, energy conservation, cooking, feeding etc. We assist individuals to break down everyday tasks (showering, dressing, grooming) into manageable steps, working on key components of the task to lead to **achievement of the identified goal**.

Manual handling assessments - Coastwide Therapy Services is able to assess and prescribe appropriate equipment along with the development of manual handling plans to assist staff/ services and families to provide the safest care for the individual.

Specialised seating - MAT evaluations can be completed, measurements taken and custom made seating can be prescribed at Coastwide Therapy Services. Our therapists prescribe custom made equipment for those individuals whose posture requires more technical/ specialist support.

Vehicle modifications - We provide assessment and recommendations to assist individuals to transfer and access their vehicle safely. We do NOT assess drivers.

Home modifications - Our therapists assess and recommend modifications to assist in making an environment more safe and functional for individuals and/ or their carers. We have been involved in the construction of purpose built group homes along with completing individual home modifications on a smaller scale such as rails, hob removal, bathroom modifications access ramps etc.