



Day Therapy Unit Occupational Therapy at Osborne Park Hospital



Contact us

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Monday to Friday, 8am to 4pm

Overview

The day therapy unit (DTU) at Osborne Park Hospital (OPH) offers a comprehensive Occupational Therapy (OT) service to clients **aged 65 years and over*** (50 years and over for ATSI clients) living within the **OPH DTU catchment area** (see overleaf for suburbs serviced). Services include outpatient rehabilitation, group programs and a community based service (home assessment and short-term home based rehabilitation).

Adults under 65 years living within the OPH catchment area may be eligible for **outpatient OT rehabilitation services*

Services

General rehabilitation – including self-care functional retraining (dressing, eating etc), household management skills retraining (kitchen, laundry tasks etc), work simplification/energy conservation strategies, fatigue management, sleep hygiene, functional community mobility eg: scooter assessment and training, seating and positioning, pressure care advice/management, practical stress/anxiety management, training in use of adaptive equipment, access to technology

Specialist memory/cognitive clinic – cognitive screening and assessment, memory strategies, cognitive strategies for patients and carers, dementia strategies and post-delirium follow up

Falls prevention/ management – identification of falls risk factors, home safety assessment and strategies to prevent falls (including equipment prescription/home modifications where indicated)

Home assessment – OT home assessment to address safety, independence and function within the home, prescription and provision of basic and essential aids, equipment and modifications for eligible clients, including pre-admission and post-discharge visiting

Hand and Upper limb clinic – hand and upper limb general re-strengthening, dexterity, coordination, arthritis management, basic hand splinting, handwriting retraining

DTU OTs are also able to initiate **interdisciplinary referrals** to other DTU team members where relevant (and with primary health care provider and patient consent) such as Physiotherapy and Speech Therapy to enable holistic multidisciplinary input.

Referral eligibility

- Aged **65 years and over*** (50 years and over for ATSI clients)
- Living in **OPH DTU catchment area**** (see below)

Adults under 65 years living within the OPH/JHC catchment area may be eligible for **outpatient OT rehabilitation services*

***Clients >65 years living within the **Joondalup catchment area** may be eligible for **OT home visiting services only** under OPH Department of Rehabilitation and Aged Care (DRAC) - referral process is the same (see below)*

Referrals

Referral forms can be found on the OPH website: oph.health.wa.gov.au/referralforms or letter with referral details may be emailed to OPHOccTherapy@health.wa.gov.au or faxed to **6457 8308**.

Alternatively, referrals may be sent via the **Central Referral Service**.



Catchment areas for OPH

Alexander Heights	6064	Hamersley	6022	Osborne Park	6017
Balcatta	6021	Innaloo	6018	Scarborough	6019
Balga	6061	Joondanna	6060	Sorrento	6020
Carine	6020	Karrinyup	6018	Stirling	6021
Churchlands	6018	Koondoola	6064	Trigg	6029
Coolbinia	6050	Marangaroo	6064	Tuart Hill	6060
Craigie	6025	Marmion	6020	Warwick	6024
Dianella	6059	Menora	6050	Waterman	6020
Doubleview	6018	Mirrabooka	6061	Wembley Downs	6019
Duncraig	6023	Nollamara	6061	Westminster	6061
Girrawheen	6064	Karrinyup	6018	Woodlands	6018
Glengarry	6023	Innaloo	6018	Yokine	6060
Greenwood	6024	Noranda	6062		
Gwelup	6018	North Beach	6020		

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