

TENANT INFORMATION

"Support for Tenants"



Are you having trouble managing at home? Are the taps hard to turn on and off? Is it hard to take a shower or do you have trouble getting down the stairs?

**AN OCCUPATIONAL
THERAPIST COULD
HELP YOU**

There are many changes that come about as a result of growing older or having a disability. An Occupational Therapist can help you adjust to these changes.

Occupational Therapists aim to maintain or improve a person's ability to be as independent as possible in work, leisure and self care.

Occupational Therapy and Housing Tasmania.

Housing Tasmania works with Occupational Therapists to improve the lives of tenants who may have difficulty managing in their own homes as a result of a disability, medical condition or factors associated with growing older.

What can Occupational Therapists do to help?

An Occupational Therapist can help by visiting your home and suggesting changes that will improve your independence and safety. They may suggest some special equipment to help you to manage, or they may recommend that Housing Tasmania install some hand rails or make other changes to your home.

Occupational Therapists can help you work out ways to do your normal activities (cooking, dressing, housework etc) safely and independently. An Occupational Therapist may suggest you try different ways of doing things, or provide advice about equipment that could make jobs easier.

An Occupational Therapist can also give you information about services available to help you.

What if my home can't be changed enough to suit my needs?

If you are a public housing tenant and your home can't be changed to meet your needs, the Occupational Therapist may suggest that you apply to transfer to a more appropriate home. If you agree, Housing Tasmania will discuss this with you.

How does an Occupational Therapist make an assessment?

An Occupational Therapist makes an assessment based on **medical** and/or **functional needs**. From the assessment, the Occupational Therapist makes a recommendation to Housing Tasmania.

Will it cost me any money to have an Occupational Therapist visit me?

There is no fee for the Community Occupational Therapist's time.

The Occupational Therapist will advise you about the cost of buying or borrowing equipment (e.g. a shower stool) and for home modifications (e.g. a grab rail).

Housing Tasmania **may** pay for modifications to your home if you live in a Housing Tasmania property (public housing). If you live in a Housing Tasmania property, all modifications will be organised by Housing Tasmania and completed by Housing Tasmania contractors.

How do I contact an Occupational Therapist ?

You can contact a Community Occupational Therapist at:
Community Outreach Services
Repatriation Centre
90 Davey Street
HOBART TAS 7000

Phone: (03) 62227280

Fax: (03) 62227229

Or by visiting your local Housing Tasmania Service Centre

Referral by a Housing Tasmania staff member or another health professional is not required but is welcome. With your consent a friend, relative or carer can also refer you.

The Occupational Therapist is not employed by Housing Tasmania but works in partnership with us.

