

If you are living with dementia, occupational therapy services from Alzheimer's WA can help you with everyday living tasks.

Whether you need help with managing your appointments, independent showering and dressing or preparing meals, our occupational therapists will work with you in your own home and provide you with practical strategies to complete tasks independently and safely.

Occupational therapy can also assist in the later stages of dementia.

Please call **1300 66 77 88** for more information.








By your side on your dementia journey

alzheimer'swa
the dementia experts

CONTACT US

PO Box 1509, Subiaco WA 6904
support@alzheimerswa.org.au

1300 66 77 88
alzheimerswa.org.au

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Dementia

Therapy Services

Occupational therapy

Call us today 1300 66 77 88

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What is an occupational therapist?

Occupational therapists are qualified health professionals who specialise in enabling people with injury or disability, including dementia, to continue participating in everyday life and to retain their existing abilities for as long as possible.

Occupational therapists can assist through all stages of the dementia journey, from initial diagnosis through to middle and later stages of dementia.

An occupational therapist will come to your home and provide an assessment of your cognition, function and home environment, to determine your strengths and impairments in completing everyday tasks.

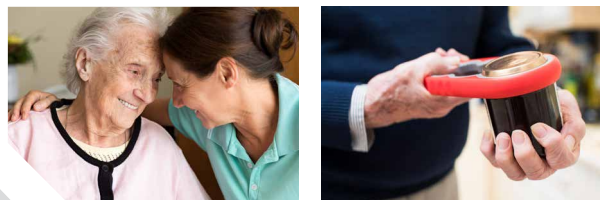
Often, a small and inexpensive change will help you to remain in your own home, independently and safely, for as long as possible.

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What can an occupational therapist help with?

- » Remembering important dates and appointments, and taking medication (by introducing memory aids such as calendars or daily schedule planners).
- » Assessing basic self-care tasks, such as showering, brushing teeth, toileting, getting dressed, preparing and eating meals, and providing practical solutions to help a person continue to complete these tasks independently where possible.
- » Continuing regular activities: hanging out the washing, watering the garden, looking after the family pet, paying the bills or completing the grocery shopping.
- » Recommending assistive technology or home modifications.
- » Support with falls prevention.

Occupational therapy can also be useful in the later stages of dementia when a person might be receiving palliative care. Occupational therapy can provide carers with practical ways to care for their loved one and help them remain calm and comfortable during this period.



How can occupational therapy help a person with dementia?

Self-care tasks (or 'occupations') involve a surprisingly high number of steps. For a person with dementia, it may only be one step that is causing an issue and preventing them from completing a task. An occupational therapist will observe the person complete each step of the task, identify which areas are causing difficulty and provide simple and practical strategies for how to overcome each issue.

For example, if a person with dementia has difficulty getting dressed, putting on the clothes may not be the issue. It may be they:

- » Cannot see or find their clothes
- » Have too much choice, or make seasonally inappropriate choices
- » Are unsure of the order in which to put on the clothes
- » Feel uncomfortable in the clothes, or are unfamiliar with new clothing.

An occupational therapist may suggest less choice of clothes, signage to help find clothes, or laying clothes out in a particular order to prompt which items to put on first.

