



Occupational therapy at Melba



Occupational therapy is all about unlocking new possibilities that matter to you. Whether you're looking to develop new skills, access equipment, or work through everyday challenges in ways that suit you.

What We Do

Our occupational therapists focus on what's important to you. We support you to:

- > **Build everyday skills**
From cooking and personal care to managing routines
- > **Increase independence:**
So you can do more for yourself, your way
- > **Make environments work for you**
With assistive technology and home modifications
- > **Participate in your community**
At home, at work, and in the things you enjoy



**Everything we do is practical, personalised,
and focused on real life outcomes.**

Our Approach

Person led – everything we do is built around what you want to achieve

Strengths based – we build on what's already working

Human rights focused – supporting choice, control and participation

NDIS aligned – focused on capacity building and lasting independence



How We Support You

We work closely with you, your family and other members of your support team. We support people of all ages and abilities, including:

- > **Children and teenagers**
- > **Adults**
- > **People with complex needs**
- > **Families and carers**

If you need support to do the things you want to do, we can help.

Because small, everyday moments shape our lives – they're what makes your life your own.

Occupational therapy is focused on you living your life with confidence and independence by making things safer, easier and more achievable.

**Scan the QR code
to find out more**

For more information



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