

# Occupational Therapy



*myAbility strives to empower individuals to gain independence with life skills and promote self-worth through participation in meaningful daily activities.*

**myAbility is an Allied Health Practice that specialises in adult Occupational Therapy, servicing participants funded through the National Disability Insurance Scheme (NDIS).**

**The focus of interventions at myAbility centres around assessment & therapy, teaching independent living skills for people to realise their potential.**

**Life Skills may include:**

- **Weekly planning & general organisation skills**
- **Initiating and executing personal care routine**
- **Meal planning & preparation skills**
- **Money handling & Budgeting skills**
- **Shopping skills**
- **Public transport training**
- **Engaging in meaningful & regular leisure activities**
- **Transitioning to independent living**
- **and much more**

**myAbility provides in home visitation sessions to clients within a 30-minute radius of either Heathmont or Park Orchards in the Eastern suburbs of Melbourne and have the necessary systems for delivering telehealth services for clients beyond these geographical areas.**

**For enquiries and referrals please contact us as below**

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