



# Occupational Therapy

Guide Dogs Victoria 

# THE MOBILITY EXPERTS

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Guide Dogs Victoria is a premium provider of Orientation & Mobility Services to Victorians who are blind or vision impaired. These services include Children's Mobility, Acquired Brain Injury Mobility, Orientation & Mobility and, of course, Guide Dogs.

The primary aim of all our services is to enhance our clients' safety, independence and quality of life at every stage of their life's journey.

We can assist people from the age of five and upwards, with no age limit to service provision. We provide prompt and professional services right across metropolitan and regional Victoria. Our dedicated team of staff travel to every corner of the state to assist clients in and around their home environments.

All of Guide Dogs Victoria's individually tailored services including training, consultations, counselling, Guide Dogs, accommodation and meals are provided entirely free of charge.

The length and breadth of our training programs are entirely dependent on our client's needs and are not restricted or capped by Government or case mix funding. We welcome referrals and can address your mobility needs – whatever they may be.



# WHAT IS OCCUPATIONAL THERAPY?

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As part of Guide Dogs Victoria's commitment to help clients enhance their personal freedom and confidence, we offer an Occupational Therapy Service that is delivered in conjunction with our mobility programs. This service can be provided at our residential training facility in Kew or on a domiciliary basis in and around a person's home or workplace.

The Occupational Therapists at Guide Dogs Victoria are health professionals who assist people to overcome limitations they may experience as a result of vision impairment and associated cognitive, sensory and motor limitations incurred from injury, disease or disability. They assist people maximise their functional independence and safety when performing their daily living skills including personal care, domestic tasks, community skills and recreation.





## Bathroom modifications and shower retraining skills

### WHO CAN BENEFIT?

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The service is available to people of all ages and with varying degrees of vision loss, including:

- Clients with a recent vision impairment who require support and assistance to adjust and manage appropriate daily living skills.
- Clients with a long standing vision impairment who wish to take on new challenges such as moving out of home, looking after a family or beginning a new job or leisure pursuit.
- Children and young adults with a vision impairment who need to develop age appropriate developmental skills.



Developing an awareness of leisure/recreation pursuits

## WHAT SERVICES ARE PROVIDED?

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Programs may cover training in the following areas:

### PERSONAL CARE SKILLS

- Showering / bathing
- Grooming
- Dressing
- Clothing identification

### DOMESTIC SKILLS

- Meal preparation
- House cleaning
- Laundry
- Cutlery handling and eating

### COMMUNITY SKILLS

- Budgeting
- Banking
- Shopping

## ■ COMMUNICATION SKILLS

- Telephone use
- Money identification and handling
- Reading and writing
- Computer use

## ■ SOCIAL SKILLS

- Presenting in an appropriate manner
- Body language
- Listening to conversational cues

## ■ HOME ASSESSMENTS

- Falls and safety
- Equipment prescription
- Lighting and contrast

## ■ RECREATION / LEISURE

## ■ FINE MOTOR, GROSS MOTOR AND SENSORY SKILLS ASSESSMENTS

## ■ WORKPLACE / SCHOOL ASSESSMENTS



# PROGRAM FLEXIBILITY

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All programs are individually tailored to address each person's needs and will vary in length depending on the individual's short and long-term goals.

Strategies may involve developing alternative methods, incorporating environmental changes like lighting or contrast or introducing equipment to complete a task.

Where appropriate, training is conducted in conjunction with family members and rehabilitation professionals.

Due to the short-term intensive nature of many of our Occupational Therapy services provided, a follow-up referral to relevant community occupational therapists may be necessary.



## TRAINING VENUES

Guide Dogs Victoria can assist Victorians living in both metropolitan and regional areas.

Training will be conducted in what is mutually agreed to be the most appropriate environment based on an individual's needs.

This training may take place around the person's home/work and local environment, in our residential training facility, or a combination of both.

### Learning signature skills



# PROGRAMS

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Our Occupational Therapists provide a range of group training programs to meet the demands of the visual world. Specialised programs include:

## ■ LIFE ROLES

A program that provides training to young adults regarding appropriate body language, social skills, grooming, presentation, meal preparation and the importance of living a meaningful life in today's visual world.

## ■ WORK ROLES

A program that provides training to young adults who are motivated to learn more about the expectations of the workplace. Topics explore social and professional attire, community services, goal setting, mock job interviews and self-efficacy.

### Adrenalin Men's program





## Learning skincare and makeup skills

### ■ YOUNG ADULT

A program that develops the skills to engage in meaningful leisure and recreational activities within a supported environment.

Programs encourage independence, social networking and discussion of life concerns within a group setting, providing social experiences for mainstream conversation.



Learning skills to enter the workforce

## OUR SERVICES ARE FREE OF CHARGE

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Like all of Guide Dogs Victoria's services, Occupational Therapy is provided entirely free of charge to clients. This includes accommodation where appropriate.

If the client's program is funded by a Government agency such as the Transport Accident Commission or Veterans' Affairs or is subject to a court case, Guide Dogs Victoria will seek reimbursement from the relevant agency with permission from the client. Information regarding claim numbers, or pension numbers, in these cases would be appreciated when the referral is made.

# REFERRAL PROCESS

We welcome all enquiries from individuals, family members and health professionals.

Upon making an enquiry, you or the person referred will be given the opportunity to have a confidential discussion with one of our friendly and experienced staff members regarding their needs. This is a simple and non-threatening process with no cost, obligation or pressure to proceed with our services.

Family members are welcome to attend at any stage of the enquiry or training process and where appropriate, may stay at our residential training facility to provide additional support during this time.

For further information or to make a referral contact:

Referrals Officer

Guide Dogs Victoria

Chandler Hwy (Private Bag 13)

Kew Victoria 3101

**Phone** 03 9854 4467

**Fax** 03 9854 4466

**Email** [referrals@guidedogsvictoria.com.au](mailto:referrals@guidedogsvictoria.com.au)

**[www.guidedogsvictoria.com.au](http://www.guidedogsvictoria.com.au)**

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