

With whom does an OT work?

OT's work with an inter-disciplinary team, which means that the Occupational Therapist works primarily with the client, and communicates with other professionals such as Consultants, doctors, nurses, speech and language pathologists, physiotherapists, social workers, psychologists, teachers, facilitators and the care givers of the client.



Occupational Therapy



For further information contact:

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What is Occupational Therapy (OT)?

OT is the treatment of physical, psychological and psychiatric conditions through specifically selected meaningful activities in order to help the client reach the maximum level of function and independence in all aspects of daily life.

Occupational Therapists assess and address independence in personal self-care, domestic tasks, work related activities, functional abilities at school, leisure and socialization.

How is it done?

Occupational Therapists improve and restore independence in clients who have sustained injuries, developed illnesses, disabilities or psychosocial dysfunction by using activities which have personal meaning and value to them.



Who benefits from our treatment?

- Persons of any age suffering from physical/psychological problems resulting from traumatic injuries, orthopaedic conditions, post-surgical procedures, medical as well as neurological conditions.
- Persons suffering from mental conditions and cognitive dysfunction to improve quality of life, functional independence at home and work, social skills, socialization and community living skills.



- Children with physical/cognitive problems, developmental delay, physical disabilities, genetic disorders, co-ordination problems and learning disabilities.
- Elderly persons living either in the community or within an institutional setting to maintain or restore functional performance, stimulate cognitive abilities and provide leisure/socialization opportunities.

Where do you find Occupational Therapists?

OT's can work in a variety of settings, these include:

1. Hospitals – acute and rehabilitation settings
2. Palliative care settings
3. Schools
4. Residential Homes for the Elderly
5. Community and in the patient's home
6. Work Place and Vocational Training Units eg ETC and The Independent Living Centre
7. Day Centres for the older persons and persons with mental health issues
8. Adult Training Centres
9. NGO's eg. Inspire and KNPD
10. Support Groups