

OUR APPROACH

We aim to give people their independence both in daily living and from ongoing OT treatment. We work to ensure that we provide the very best clinical care in an ethical way that helps our clients achieve their goals as soon as possible.

We deliver goal centred treatment

Our aim is to identify our clients needs and work with them to set achievable goals, which we use to benchmark progress. We do not advocate open ended treatment plans – we believe in delivering treatment with clear goals that we are accountable for achieving within set timeframes.

We work to your timescales

We do not have waiting lists and we aim to see clients within seven days of referral. Within 14 days of referral we aim to have a comprehensive assessment report written, reviewed and delivered to you. Where treatment is required we will plan and agree an appropriate schedule that works for you.

We come to you

As Occupational Therapists, our role is to help you overcome challenges with day to day activities. Observing the natural environment in which these challenges occur plays a vital role in helping your OT find and implement practical and realistic solutions. All of our assessments and treatments take place in your chosen environment to ensure our approach is truly client centred.



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Providing Better Health, Independence,
& Quality of Life

ABOUT US

At Living Strength Occupational Therapy, we are passionate about helping our clients achieve more independence, better health and greater quality of life. We understand that being able to perform the everyday tasks can be life-changing so we tailor our services to each patient's individual needs.

As Occupational Therapists (OTs), we are trained in a broad range of health sciences in order to deliver a holistic approach to patient care. Understanding the client first, their culture, family and values, along with their medical needs, is essential in creating a detailed plan for real quality of life.

Every person is on a different journey, and everyone has roadblocks along the way. Through examining the physical and cognitive effects of injury and disease and drawing on our long experience, we strive to clear your path to a more fulfilling and rewarding life.

Since 2007, we have been helping people meet their goals for independence.

Working across Sydney and the Central Coast, our Occupational Therapists can visit you at your home or preferred community space.



OUR SERVICES

INITIAL FUNCTIONAL NEED ASSESSMENT

We look at your capacity to participate in activities of daily living.

FALLS RISK ASSESSMENT

Your physical and cognitive function is determined and assessed in the context of their environment and the activities they perform.

PRESCRIPTION & ASSISTIVE EQUIPMENT NEEDS

We are able to recommend / prescribe equipment that will aid in improving your ability to carry out everyday activities.

MANUAL HANDLING ASSESSMENT & TRAINING

Assisting in the movement of people who cannot move by themselves is not a simple task.

HOME MODIFICATION

We will review your ability to access and move within your home environment including assessing your independence and safety within your home.

NDIS SPECIFIC ASSESSMENTS

Housing Assessment SDA (Specialist Disability Accommodation), Housing Assessment SIL (Supported Independent Living), Pre Planning Assessment.



CONDITIONS TREATED

Amputations
Depression & Anxiety
Arthritis
Brain Injury, Dementia, & Alzheimers
Burns
Carpel Tunnel Syndrome
Dupuytren's Contracture
Tendinitis
Hip or Knee Replacements
Huntington's Disease
Motor Neurone Disease
Multiple Sclerosis
Orthopaedics
Parkinson's Disease
Scar Management
Spinal Injury
Stroke
Aspergers Syndrome
Autism
Downs Syndrome
Cerebral Palsy

