

Participating safely and independently in everyday life is important as you age.

Silverchain's team of Occupational Therapists and Therapy Assistants can help you to modify or adapt everyday tasks to support your independence, and live safely at home and in the community.

Our service is designed to help you if you:

- Find it hard to do everyday tasks like washing, doing your hair, shaving, or preparing your meals.
- Have had a change in your everyday activities, and are unable to do your usual routines.
- Have problems going out into the community or feel socially isolated.
- Are experiencing memory loss, confusion, or anxiety.

What our service includes



In home assessment

Your support starts with an assessment conducted in your home by one of our Occupational Therapists. They will talk to you about your everyday activities and how they can be made easier for you to do, both at home and in the community.



Care Plan

Your Occupational Therapist will work with you to set goals you would like to achieve as part of your Care Plan, and will provide sessions in your home to help you work towards the goals.



Mobility and equipment aids

Depending on your needs or situation, our team can help you access:

- Mobility equipment such as gopher scooters, and wheelchairs.
- Devices to help you get dressed like zipper pullers, sock aids, and one handed buttoning devices.
- Washing, bathing and showering support like non slip bathmats, shower chairs, and other personal hygiene aids.
- Toileting aids such as raised toilet seats, and commode chairs.
- Seat and back cushions for pressure management.
- Transfer aids such as a bed hoist.

Occupational Therapy services



Everyday wellbeing

We can also support you to keep participating in community activities, and doing the things you love.

This can include helping you with:

- Finding ways to simplify everyday activities, reduce your fatigue, and conserve energy.
- Providing products to help your memory and thinking, or to assist with anxiety.



Safety in the home

Our team can recommend safety modifications to your home such as:

- Bathroom grab rails
- Handrails to steps
- Ramps for wheeled mobility aids.



Telehealth services

Telehealth services are conducted over a video or telephone call, and give you access to our Occupational Therapy Services when there are no providers available in your local area. Availability of our telehealth service varies by location, so contact us for more information.

How to access our services

Depending on your situation and needs, you may be eligible to access Allied Health Services such as Occupational Therapy through government subsidised aged care or health care funding.

If you already receiving Support at Home funding, you can ask your Silverchain Care Partner to refer you to our Occupational Therapy Services. If you are not already receiving Support at Home services, please contact us to find out how we can help you.

Alternatively, depending on your location, you may be able to pay privately for the care you need. To receive private services, you do not need to wait for a government assessment, and you can start receiving care as soon as possible.

For more information, see our website silverchain.org.au/private-services

For more information

Contact us today for more information on our range of in home health and aged care services and how to access them.



- **1300 650 803**
- info@silverchain.org.au
- silverchain.org.au

Assistance to access information



To access the Translating and Interpreting Service call 131 450.

The National Relay Service (NRS) can help you if you are deaf or hard of hearing. Visit accesshub.gov.au/about-the-nrs

About Silverchain

Silverchain is one of Australia's leading in home care specialists, providing health and aged care services to more than 140,000 clients a year.

Trusted by Australians to deliver care that is differentiated by quality and safety for over 130 years, we are proudly one of the only Australian home care providers accredited in both national health and aged care standards.

At Silverchain we celebrate, value and include people of all backgrounds, genders, sexualities, cultures, bodies and abilities.

Acknowledgement of Country

Silverchain respectfully acknowledges the Traditional Custodians of the lands on which we work and live. We acknowledge Elders both past and present, whose ongoing effort to protect and promote Aboriginal and Torres Strait Islander cultures will leave a lasting legacy for future leaders and reconciliation within Australia.

Health. Human. Home.