



*Positive Ageing
Mental Fitness for Life
Occupational Therapy
Professional Supervision*

Thrive Private Occupational Therapy in General Practice

Retain independence in the home and community

- Practical solutions for making everyday tasks easier (selfcare, housework etc)
- Equipment and gadgets to enable ADL function
- Enable NZ accreditation
- Rehabilitation and training for independence

Safety at home

- Home safety assessments – for cognitive impairment, physical frailty, low vision.
- Organise home modifications—either do it ourselves or arrange a tradesperson
- Recommendations for security and safety for people with cognitive decline or low vision

Participation and socialisation

- Introducing people to groups, classes, activities and programmes in the community
- Enabling people to find ways to return to previously enjoyed activities such as catching the bus, shopping in the city, gardening etc.
- Adapting to life without a car OR Mobility scooter assessments

Stay active, strong and steady through regular exercise

- Referral to exercise groups, expert physiotherapists or Falls Prevention
- Encourage walking and meaningful physical activity

Stay healthy

- Nutrition screen and provide information about eating well in old age (or other situations)
- Check people are understanding and taking their medicines as prescribed and referral to Medication Management as required.
- Effective self-management of long-term conditions including: low vision, CFS, mental health, pain, neurological conditions

Dealing with memory loss, cognitive impairment or dementia

- Teach strategies
- Help understanding
- Make referrals and recommend supports
- Assess functional impact of cognitive impairment

Managing fatigue, pain, anxiety or depression

- Practical plans for moving forward - Goal setting and support
- Positive psychology strategies, 5 ways to wellbeing
- Understanding pacing, planning, relaxation and self-care
- Engaging in health promoting activity

We see people in their own homes.

We provide tailored packages of care

Some GPs will fund or part-fund our service

Refer via: Website, email or phone

We accept self-referrals

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