

Client Experiences:

“Occupational therapy is an awesome profession and assisted me to reconnect to my own cultural identity in multiple ways, but also by using Māori activities to support my recovery.”

“Her understanding and relaying information to [me as the] parent has been provided in a manner made easy for me. Also feedback, follow up and outcome have been outstanding.”

“I found working through my pain management programme ... with [my occupational therapist] hugely rewarding and beneficial at a time when I was very low.”

“My occupational therapist gave me understanding of my problem. [I felt there was] nothing to live for, but occupational therapy changed everything and gave me a purpose to start living.”

“I am back at full time work and still need to make sure I don't get too tired. Occupational therapy helped me to know how to slow down and take time to get better.”

Where to find an occupational therapist:

Occupational therapists work alongside other health professionals in communities, schools, workplaces, hospitals, private practice, residential homes and various other settings.

To speak to an occupational therapist, contact your local health professional, hospital, your child's teacher or principal, or look on our website www.nzaot.com



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**OF ALL
THE
ORDINARY
EVERYDAY
THINGS YOU DO ...**



**... WHAT WOULD
YOU MISS
DOING THE
MOST...**



**...AND HOW
WOULD THAT
MAKE YOU
FEEL ABOUT
YOURSELF?**



Imagine feeling overwhelmed by an everyday task that, right now, you take for granted – like getting dressed, shopping, managing your household, parenting, catching a bus, working, spending time with your friends – all the things you do to take care of yourself, your family and your whānau.



The things that you do – **we call them your occupations** – help express who you are, how you feel about yourself and how you connect with others. Your health and wellbeing can be affected if you are unable to do the things that you want, need and/or are expected to do to live and enjoy your life.

Occupational therapists work to support healthy lifestyles, prevent illness and disability, promote and restore health through enabling participation in occupation.

Occupational therapists

work with you, your family and your whānau to support the four cornerstones of health - Te Whare Tapu Wha (Durie, 1982):

- ◆ Te Taha whānau (family)
- ◆ Te Taha Wairua (spiritual)
- ◆ Te Taha Hinengaro (emotional/mental)
- ◆ Te Taha Tinana (physical)



Occupational therapists

can help you identify the occupations that are difficult for you, and

to set your own goals for what you want to achieve. For example we may work with you and your family/whānau to enable you to:

- ◆ learn new ways of doing things following illness or injury e.g. dressing, cooking or driving
- ◆ adapt your home, work or school environment
- ◆ acknowledge and develop your abilities so that you are able to participate in the things that are important to you
- ◆ develop new skills, abilities or interests at work, school, home or in social situations
- ◆ access support available in the community
- ◆ assist you to feel better about yourself and what you do
- ◆ develop a healthier lifestyle