

## **Aged Care Occupational Therapy | AHP Aged Care**

**Contact: AHP Aged Care** 

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Address: Level 9, 288 Forest Rd, Hurstville, 2220, Sydney, Atamelang

Price: Free

Aged Care Occupational Therapy | AHP Aged Care: Occupational therapy for aged care. Occupational therapy for the elderly at home focuses on improving independence, safety, and quality of life within their living environment. Through personalised assessments and tailored strategies, occupational therapists help individuals maintain daily activities such as dressing, cooking, and mobility. They also recommend home modifications, assistive devices, and techniques to prevent falls or manage chronic conditions. By addressing both physical and cognitive needs, occupational therapy empowers older adults to stay active, comfortable, and confident in their own homes.

Aged care occupational therapy at AHP plays a vital role in facilitating home modifications for older Australians to improve safety, accessibility, and independence. Our occupational therapists conduct detailed assessments of the home environment, identifying potential risks or obstacles to daily activities. Based on these evaluations, they recommend practical modifications such as installing grab bars, widening doorways, enhancing lighting, or creating barrier-free access to key areas like bathrooms and kitchens. By collaborating closely with clients, they prioritise changes that align with individual needs and preferences, ensuring the modifications are functional, effective, and seamlessly integrated into the home.

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