

Is your health condition affecting your ability to do everyday activities that are important to you?

An Occupational Therapist can help you to...



- Develop new skills and healthy routines (e.g. sleep strategies, implementing lifestyle changes).
- Develop strategies to manage symptoms such as fatigue, pain, or anxiety which affect daily activities (e.g. self-care, household tasks, cooking, work, leisure activities).
- Stay healthy and active while managing a chronic condition (e.g. arthritis, cancer, diabetes, heart disease, mental illness, and stroke).
- Maintain or regain your independence (e.g. falls safety advice).
- Connect with other resources and support services.

For more information, and to find out if you are eligible for a referral to an Occupational Therapist at no cost to patients, please speak to your family doctor or any of our clinic staff.