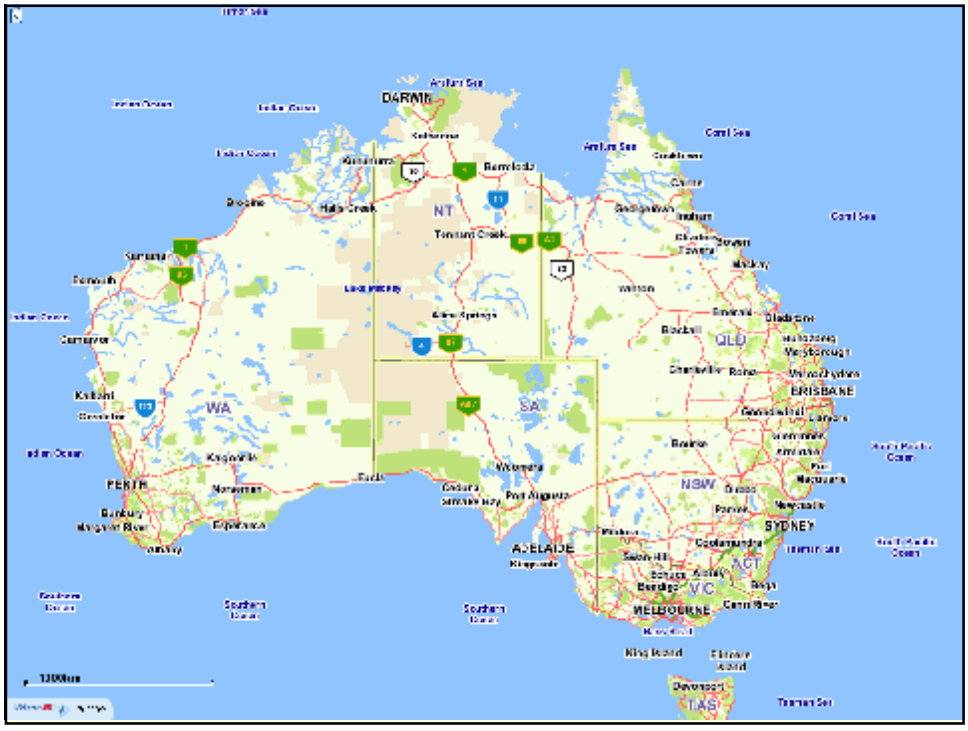
# Occupational Therapy In Australia



## Australia

- Population: 23.6 Million (2014)
- Occupational Therapists: 16,009 (WFOT, 2014)
- WFOT Approved OT education programs (in 23 Universities): 36 (WFOT, 2014)
- Female OTs: 90%
- National Registration commencing in July 2012
- OT Australia – National OT Association with branches in each state / Territory

## Education

- Bachelor Degree
- Master Degree (Profession Entry)
- Master Degree by coursework / Research
- PhD / Doctoral Degree

## Practice Settings

- Commonwealth, State, Local council, private practice,
  - public and private hospitals
  - medical rehabilitation units
  - community health centres
  - home care services
  - aged care facilities
  - psychiatric clinics, hostels and hospitals
  - vocational rehabilitation centres
  - schools and education facilities
  - independent living and respite centres, and
  - private practice, etc.

## Scope of Practice

- **Working with children:**
  - Helping children achieve their developmental milestones such as fine motor skills and hand-eye coordination.
  - Educating and involving parents, carers and others to facilitate the normal development and learning of children.

## Scope of Practice

- **Rehabilitation and aged care:**
  - Helping clients regain or enhance their daily lives after specific events such as hip replacement or stroke.
  - Assessing and modifying clients' home and community environments to improve their safety and independence.
  - Prescribing and educating clients and carers in the use of adaptive equipment to assist function.

## Scope of Practice

- **Acute care:**
  - Specialist interventions in various health conditions including surgery, burns, HIV and acute mental health.
  - Assessing clients' cognition, function and psychosocial needs.
  - Monitoring clients' function and progress, prescribing adaptive equipment to ensure safety upon discharge from hospitals.

## Scope of Practice

- **Injury management:**
  - Using specialised assessments to determine the functional requirements of various jobs, and clients' capacity to return to work.
  - Designing and coordinating graded return to work programs.
  - Educating clients in safe work practices.
  - Modifying the work environment to suit the needs of individuals so as to prevent or minimise injuries.

## Scope of Practice

- **Mental health:**
  - Designing individual and group programs and activities to enhance clients' independence in everyday activities.
  - Developing coping strategies for clients in overcoming their mental health issues.
  - Improving clients' confidence and self esteem in social situations.

## Medicare

- Mental health & well-being
- Individual care plan: up to 10 sessions per year
- Services provided by psychologists, social workers, and allied health professions including OTs.

# NDIS

- National Disability Insurance Scheme
  - provide support for people with disabilities, their families and carers based on individual needs, goals and aspirations.
  - The scheme gives people with a permanent or significant disability more choice and control over how their support is delivered by providing individualised funding.
  - The program will deliver a lifelong approach to disability support services by carefully considering support needs and goals, and developing a personalised plan.
  - May shape or influence OT service developments
  - Commenced July 2013 with regional implementation

# OT Trends in Australia

- Incorporate modern technologies and communication advancements in therapy. 治疗及评估工具科技日新月异，例如利用信息技术、计算机辅助康复、体感游戏、虚拟现实、互联网络的运用等 ( e.g. Video-conference, Tele-Rehabilitation / Tele- Health, use of App programs for assessment and intervention)
- 基于循证医学 **(evidence-based practice)**
- 初级卫生保健 **(primary health care)**
- 社区康复 **(community based rehabilitation)**
  - 如家居训练、环境改造、防跌、生活习惯重组及自我管理等）
- Occupation Focus & Occupation Based Intervention
  - 走出医疗系统，进入羣众生活及社区福利发展 (addressing occupational deprivation, occupational balance, occupational reconciliation and occupational justice in the community)

# Reference


- OT Australia
  - http://www.otaus.com.au/
- NDIS
  - http://www.ndis.gov.au/
- WFOT
  - WFOT Human Resources Project, 2014
  - http://www.wfot.org/ResourceCentre/tabid/132/cid/42/Default.aspx