



What is Occupational Therapy?

NDIS allied health support explained

What is Occupational Therapy?

Occupational Therapy (OT) is a health profession that helps people of all ages participate in the activities that matter most to them — at home, at work, in education, and in the community. For NDIS participants, an OT can play a key role in building independence, recommending equipment, and helping you get the most out of your plan.

What Can an OT Help With?

- Assessing your daily living skills and identifying areas of support
- Recommending assistive technology (wheelchairs, communication devices, aids)
- Home modification assessments (grab rails, ramps, bathroom modifications)
- Building skills for self-care, cooking, dressing, and personal hygiene
- Supporting return to work, education, or community activities
- Sensory processing and fine motor skill development
- Fatigue management and pain management strategies
- Developing therapy plans and functional capacity assessments
- Writing reports to support NDIS plan reviews and funding requests

What is a Functional Capacity Assessment?

A Functional Capacity Assessment (FCA) is a detailed report completed by an OT that describes how your disability impacts your daily life. It is one of the most important documents you can have when applying for or reviewing your NDIS plan, as it helps the NDIS understand exactly what supports you need and why.

Tip: If you're approaching a plan review, ask us about booking an FCA early — it can make a significant difference to your funding outcome.

Who Can Benefit from OT?



What is Occupational Therapy?

NDIS allied health support explained

Occupational Therapy can support people living with a wide range of conditions, including:

- Physical disabilities, acquired brain injury, or neurological conditions
- Psychosocial disabilities and mental health conditions
- Autism spectrum disorder and developmental delays
- Age-related changes affecting independence
- Anyone who has experienced a significant change in function due to illness or injury

Is OT Funded in My NDIS Plan?

Occupational Therapy is typically funded under the **Capacity Building — Improved Daily Living** support category. If you're unsure whether your plan includes OT funding, our team can help you check and, if needed, support you in requesting it at your next review.

Our Occupational Therapist — Vanessa Tay

Vanessa Tay is an Occupational Therapist at I'm With You. She works alongside clients and their support networks to understand what matters most — whether that's improving daily living routines, building confidence at home and in the community, or developing strategies that support safety and wellbeing.

Known for her clear communication and supportive style, Vanessa is committed to helping clients strengthen their capacity, maintain choice and control, and participate more fully in the activities and communities that are important to them.

Want to book an OT assessment?

Call **1300 542 584** or visit imwithyou.com.au to speak with our team and arrange a consultation with Vanessa.