

CBCHS Mission Statement

Our mission is to enhance the health and wellbeing of individuals through innovative, responsive services delivered in partnership with our community.

Values

- **Respect** for each individual, families and for the diverse cultures within our communities.
- **Empowerment** as a cornerstone of how we work; we acknowledge the potential of each person and promote client participation and contribution.
- **Collaboration** with each other and with members of the community and colleagues from other organisations. We recognise that together we can achieve better outcomes.
- **Quality** in all aspects of our work. Our practice is evidence based and we continually strive to achieve excellence in all of our programs and services.
- **Transparency** in how we operate, particularly in how we make decisions and communicate.

Vision Statement

Quality. Community. Wellbeing.

**Address all correspondence to
THE CEO
CENTRAL BAYSIDE COMMUNITY
HEALTH SERVICES**

**HEAD OFFICE
335 NEPEAN HIGHWAY PARKDALE
TEL 8587 0200 FAX 8587 0210**

**A range of other services are also
available from the following venues**

DENTAL CLINIC

335 NEPEAN HIGHWAY PARKDALE
TELEPHONE 8587 0350

ADULT COMMUNITY OPTIONS

299 CENTRE DANDENONG ROAD CHELTENHAM
TELEPHONE 9581 1111

CHELSEA

3/1 THE STRAND CHELSEA
TELEPHONE 9781 9333

CLARINDA

58 VINEY STREET CLARINDA
TELEPHONE 9552 4333

PLANNED ACTIVITY GROUPS

31 VENICE STREET MENTONE
TELEPHONE 9583 6970

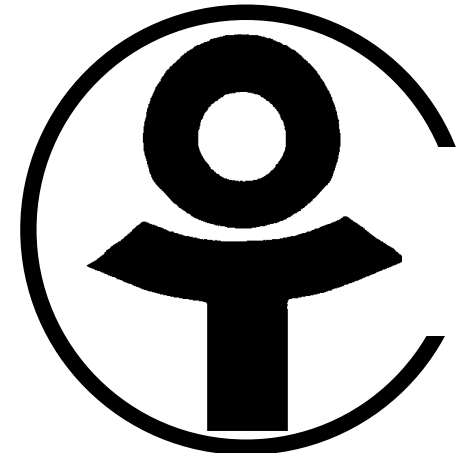


**WE WELCOME YOUR
COMMENTS**

B-025 Dec 2005



**CENTRAL
BAYSIDE
COMMUNITY
HEALTH
SERVICES**



**OCCUPATIONAL
THERAPY**

**335 Nepean Highway Parkdale 3195
Telephone 8587 0200 Fax 8587 0210
Email : info@cbchs.org.au
Web Site : <http://www.cbchs.org.au>
Registration No. A0034938T
Working Smoke Free**

OCCUPATIONAL THERAPY

Occupational Therapists aim to assist individuals to maintain or increase their physical and social independence in the community.

The following services are provided by the Occupational Therapist at Central Bayside Community Health Services

- ◆ Individual case Work
- ◆ Group Education
- ◆ Consultancy
- ◆ Talks to Community Groups
- ◆ Individual and Family Support

Much of the work of the Occupational Therapist is done in the client's home.

Following assessment, the Occupational Therapist aims to promote safety and independence in the individual's performance of

- ◆ Personal activities of daily living eg toileting, showering, dressing, eating
- ◆ Domestic activities of daily living eg cooking laundry
- ◆ Community activities of daily living eg driving, transport, money-handling, involvement in community groups.
- ◆ Leisure activities

THE OCCUPATIONAL THERAPIST MAY WORK IN A VARIETY OF WAYS

1. INDIVIDUAL WORK WITH CLIENTS WHICH MAY INCLUDE:

- ◆ Prescription of assistive equipment, eg bath seats, wheelchairs.
- ◆ Training in alternative ways of carrying out daily activities, eg lifting and carrying, showering and bathing, home duties and gardening.
- ◆ Home modifications, eg bathroom alteration, installation of rails and ramps.
- ◆ Relaxation and stress management
- ◆ Supportive counselling.
- ◆ Support for and liaison with families, other professionals and service providers and community groups.

2. GROUP WORK WITH CLIENTS WHICH MAY INCLUDE INVOLVEMENT IN:

- ◆ Maintenance groups, eg mobility, activity and socialisation.
- ◆ Support groups, eg Carers' support
- ◆ Confused elderly groups.
- ◆ Social skills and personal development.

3. HEALTH PROMOTION & EDUCATION FOR INDIVIDUALS AND/ OR GENERAL PUBLIC MAY FOCUS ON:

- ◆ Specific diagnostic groups, eg Arthritis.
- ◆ Involvement in national promotional activities eg Arthritis Week.
- ◆ Talks to community groups on a variety of issues, eg safety in the home, back care.

4. COMMUNITY DEVELOPMENT

- ◆ Promoting the growth of an informed and concerned community.
- ◆ Facilitating self-help/support groups towards autonomous functioning.
- ◆ Consultation regarding access issues for public buildings, local facilities.
- ◆ Participation with/on local advisory committees regarding regional services.
- ◆ Specific projects auspiced by the community health services.