

### **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.

## **CENTRAL BAYSIDE COMMUNITY HEALTH SERVICES**

### **HEAD OFFICE**

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

### **DENTAL CLINIC**

**335 NEPEAN HIGHWAY PARKDALE  
TELEPHONE 8587 0350**

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

### **ADULT COMMUNITY OPTIONS**

**TELEPHONE 8587 0250**

### **CHELSEA**

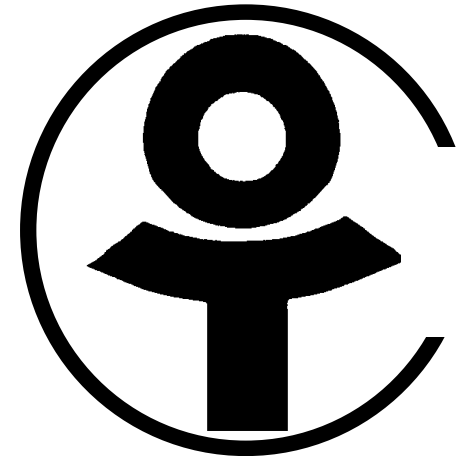
**3/1 THE STRAND CHELSEA  
TELEPHONE 9781 9333**

### **CLARINDA**

**58 VINEY STREET CLARINDA  
TELEPHONE 9552 4333**



**CENTRAL  
BAYSIDE  
COMMUNITY  
HEALTH  
SERVICES**



## **OCCUPATIONAL THERAPY**

**335 Nepean Highway Parkdale 3195  
Telephone 8587 0200 Fax 8587 0210  
Email : [info@cbchs.org.au](mailto:info@cbchs.org.au)  
[www.cbchs.org.au](http://www.cbchs.org.au)  
Working Smoke Free**

## OCCUPATIONAL THERAPY

The Occupational Therapy Service of Central Bayside Community Health Services works with adults experiencing difficulties maintaining or achieving independence in daily life activities.

We aim to promote wellbeing and independence for adults who live in their own homes.

We complete an individual assessment in your home and work with you to identify your concerns and priorities.

Occupational Therapists will review activities that have become more difficult and suggest possible solutions

We may discuss the following;

- ◆ Managing personal care tasks such as showering and toileting
- ◆ Performing daily household tasks like cleaning and cooking
- ◆ Participation in community activities such as shopping or social activities.

## SERVICES INCLUDE

- ◆ Review of daily tasks
- ◆ Equipment trial and supply like shower stool, toilet aids and rails
- ◆ Rail installation can be arranged by the O.T. contacting the council handyman service
- ◆ Major home modification such as bathroom or step modifications.

(All major modifications are designed and drawn in consultation with an Archicenter Architect.)

- ◆ Community Access - use of wheelchairs and scooters.
- ◆ Links to other services can be arranged.
- ◆ Referrals to other clinicians in Central Bayside
- ◆ Referrals to group programs

## ELIGIBILITY

Must live in Kingston area.  
All clients 65 years and older .  
Younger Adults receiving a disability pension.

## GROUPS

Tai Chi at Clarinda and Chelsea sites

## COSTS

A small cost is involved for assessments please discuss with your therapist.

Interpreters are provided free of charge if required.