

Understanding Occupational Therapy

What we do, who we work with, and how OT can support you

What is Occupational Therapy?

Occupational therapy (OT) is about supporting people to participate in the everyday activities, or 'occupations', that matter to them. This might be self-care tasks, play, learning, work, or leisure. Rather than focusing on a diagnosis, OT looks at the fit between a person, the activities they want or need to do, and the environments they live, learn, and work in.

As occupational therapists, we're interested in what's getting in the way of participation, and what can be adjusted, whether that's a skill, a routine, a piece of equipment, or the environment itself, so that everyday life feels more possible and more comfortable.

Who We Work With

Our caseload spans children through to adults, and we work with people with a wide range of goals, strengths, and support needs. As an unregistered NDIS provider, we support self-managed and plan-managed NDIS participants.

Our Approach

We practise from a neuroaffirming, strengths-based perspective. This means:

- We don't see neurodivergent traits as problems to be 'fixed' or as behaviours to be brought into compliance.
- We look for ways to build genuine capacity and adjust environments, rather than pushing tolerance of things that cause distress.
- Your (or your child's) own goals, preferences, and sense of self stay at the centre of the process.
- We work collaboratively, not on people, but with them.

What a Session Might Look Like

Sessions vary depending on the goals we're working towards. They might involve play-based activities, practising a specific daily task, trialling equipment or strategies, working on a specific environment (like a bedroom or classroom), or simply talking through what's working and what isn't.

Getting Started

If you're a self-managed or plan-managed NDIS participant (or family member) who thinks OT support might help, reach out to our team. We can talk through your goals and whether our service is a good fit before anything is locked in.

This resource provides general information only and does not replace individual clinical assessment or advice. New Leaf Allied Health Services is an AHPRA-registered occupational therapy practice and operates as an unregistered NDIS provider, working with self-managed and plan-managed NDIS participants. If you have concerns about your (or your child's) development, function, sensory needs, or wellbeing, please speak with your GP, paediatrician, or a registered health professional, or get in touch with our team to discuss OT support.

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