Omnia Health

Occupational Therapy Supports

Our flexible Occupational Therapy (OT) supports help our NDIS participants to achieve their goals through personalised, evidence-based supports.

Holistic Support to Help You Reach Your Goals

By combining in-house clinical Occupational Therapy with our existing Omnia Employment, Life Skills and Social NDIS supports, you're supported by one connected, collaborative team. We work together to share insights and implement holistic strategies tailored to you - helping you build independence, strengthen skills, and achieve your goals faster.

How Occupational Therapy can support you.

Sensory support & emotional regulation

Helping you stay calm, focused, and comfortable at home, in the community, or at work. Learning ways to manage stress, anxiety, and big emotions.

Planning, organisation & focus

Help with time management, routines, attention, memory, and finishing tasks.

Collaboration with your existing support team

Working with your other supports to ensure consistent strategies and progression towards your goals. This may include speech therapists, exercise physiologists, psychologists, behaviour support, dieticians to ensure consistent strategies and progression towards your goals.

Social skills & strategies

Develop conversation skills and understanding social cues at home, in the community, or at work. Learn how to maintain relationships, understand boundaries, and use technology or supports to communicate.

Independence & daily living

Support with personal care, cooking, travel training, staying safe, and managing day-to-day life.

Employment related OT support

Building job-ready skills, support for further study, workplace routines, communication, and adapting to workplace environments.

> "One of the most rewarding parts of occupational therapy is being able to work with people throughout their life. It offers a unique blend of creativity and client-centred care, while allowing me to make a direct, tangible difference in people's lives by helping them do what they love."

- Omnia Inclusive Occupational Therapist

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Benefits of Occupational Therapy

Improved quality of life - increased independence, autonomy & confidence.

Enhanced work and study skills.

Physical strength, coordination and functional movement.

Mental health and emotional wellbeing.

Practical strategies for managing environments.

Support through every stage of life.

Functional Capacity Assessments

Our Occupational Therapist can provide a comprehensive Functional Capacity Assessment to understand your strengths and daily living needs, help identify the right supports, improve independence, and reach your NDIS goals.

You may need an assessment if:

- Your circumstances have changed (e.g. leaving school or moving out of home).
- You need evidence for funding or ongoing supports in your next NDIS plan.
- It has been more than 12 months since your last assessment.
- You are new to Occupational Therapy and want support to set meaningful goals.

Face-to-face and telehealth OT supports. Limited spaces available now.

Register your interest for our OT supports. Scan here.

Connect with us

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omnia-inclusive.com.au

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