

Veterans Outpatient Occupational Therapy Service (VOPOTS)

The Heidelberg Repatriation Hospital at Austin Health provides outpatient Occupational Therapy services to eligible veterans and war widows.

Occupational Therapy

What is Occupational Therapy?

Occupational Therapy aims to promote, maintain and restore an individual's independence in all aspects of daily living.

Occupational Therapists assess function and provide intervention to overcome physical, environmental, cognitive, emotional and/or social difficulties.

VOPOTS Eligibility criteria:

- Veterans and war widows who hold a gold card or white card (condition specific to intervention required).
- This is a **home based** service (including residential care facilities) available to veterans residing within 30 mins of Heidelberg Repatriation Hospital e.g. Epping, Eltham, Balwyn, Coburg, Heidelberg, etc.

Clients not in this area or who do not hold a gold card can contact their local GP or community health centre.

VOPOTS will assess:

- Independence in daily living activities through functional assessment e.g. a person's ability to hold a knife and fork, perform self-care, to access their local community and participate in leisure activities.
- The home environment – ensuring safety and accessibility.
- The need for a personal alarm, scooter / wheelchair, and or driving assessment.
- Veterans mental health and impact of symptoms on performance of daily activities (e.g. stress & anxiety management including relaxation).
- Veterans social and support networks and access to relevant services.



VOPOTS interventions:

- Equipment provision, home modifications and ongoing rehabilitation such as upper limb and dressing retraining.
- Mobility and community access e.g. wheelchair/ scooter training
- Functional assessment and education relating to falls prevention, chronic disease, pain management and pressure care issues.
- Assistance with structured time use and routine.
- Strategies to assist with cognitive difficulties e.g. memory strategies and carer support.
- Assisting with motivational difficulties and issues of social isolation.
- Referral to other veteran health professionals and service providers.

Recommendations made by VOPOTS do not guarantee DVA approval for payment or supply of equipment or services.

Other Allied Health Services available at Austin Health

There is a range of Allied Health
Services available for outpatient
veterans and war widows including:

Dietetics	9496 5011
Physiotherapy	9496 2892
Podiatry	9496 2017
Social work	9496 5560
Neuropsychology	9496 2795
Psychiatry	9496 2537
Speech Pathology	9496 5549
Work Group	9496 2931



How do I access VOPOTS?

- Written referrals preferred.
- Referral forms may be requested from the VOPOTS department. Your GP or Health professional may also be able to provide this form.
- Self-referrals are accepted by contacting VOPOTS directly

Address:

Veterans Outpatient Occupational
Therapy Service (VOPOTS)
Heidelberg Repatriation Hospital
300 Waterdale Road
Heidelberg Heights 3081

Further Information

If you have any questions
regarding this information, please
contact: **Veterans Outpatient
Occupational Therapy Service
(VOPOTS)**

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