



Potential Scope of Occupational Therapy for Adults

The scope of occupational therapy (OT) can be person-centred, strengths-based, and rooted in fostering autonomy, meaningful engagement, and overall well-being. It embraces a holistic approach that respects neurodiversity, honours individuality, and supports participation in life's valued activities. This may include the following:

1. Self-Care and Daily Living Skills

- Partnering to identify and enhance skills for personal care routines (e.g., grooming, dressing) that align with individual values and preferences.
- Supporting confidence in daily life tasks such as preparing meals, organising living spaces, or navigating transportation.
- Co-developing strategies to reduce overwhelm and foster independence in daily routines.

2. Academic, Work, and Vocational Support

- Collaborating to develop personalised strategies for academic success, such as prioritisation, time management, and accessible learning techniques.
- Supporting career exploration and readiness, including workplace accommodations, practical communication skills, and confidence in pursuing passions.
- Advocate for and enable an environment that celebrates strengths while reducing barriers to meaningful participation in work or education.

3. Movement and Physical Well-being

- Empowering engagement in movement-based activities that align with individual preferences through fitness, sports, or therapeutic exercises.
- Enhancing coordination, fine and gross motor skills, or physical endurance to support functional activities.
- Facilitating adaptive approaches for specific physical needs, always prioritising comfort and self-determination.

4. Emotional Well-being and Mental Health

- Creating a safe space to explore self-regulation strategies, sensory preferences, and coping tools that align with personal goals and strengths.
- Support emotional resilience and self-acceptance through mindfulness, grounding, or creative outlets.
- Facilitating social connection by enhancing communication and relational skills in authentic and affirming ways.



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5. Community and Social Participation

- Enabling participation in hobbies, interests, and passions is a way to build community and nurture joy.
- Supporting engagement in groups or activities by identifying and overcoming environmental or social barriers.
- Encouraging meaningful connections and honouring neurodiverse approaches to relationships and social norms.

6. Environment and Accessibility

- Collaborating to adapt living, work, or social environments to be more supportive, inclusive, and sensory-friendly.
- Introducing tools and assistive technologies to enhance ease and autonomy in daily activities.
- Empowering individuals to advocate for accommodations that support their participation and success.

7. Holistic Health and Wellness

- Exploring routines that promote well-being, such as sleep hygiene, nourishing eating habits, and enjoyable movement.
- Supporting a balanced lifestyle that prioritises rest, recreation, and meaningful engagement.
- Honouring neurodiverse ways of being, such as pacing, sensory breaks, or alternative communication styles.

8. Life Transitions and Personal Growth

- Facilitating the journey into adulthood with guidance on developing life skills, exploring identity, and navigating new roles and responsibilities.
- Supporting self-reflection and goal-setting in relationships, careers, or independent living.
- Encouraging self-advocacy and empowerment in navigating systems, relationships, and environments.