

# How to Prepare for Your OT Visit

## Have you completed the required forms?

1

**SUBMIT**

Please sign and send back your **Service Agreement** and **Home Safety Screen** before your first appointment. If you need help or have questions, call us on 07 3544 6526.

## Have you prepared a space to meet?

2



Choose a quiet place with enough space for you and your OT to sit together. This will help your session go smoothly.

## Will you have support during the visit?

3



If you want a carer, support worker, parent, or friend with you, please organise for them to come and let us know who will be there.

## Have you thought about your supports and goals?

4

**GOALS**

Write down the supports you need and the goals you want to work on. This helps your OT know what matters most to you.

## Do you have any questions for your OT?

5



Write down any questions you have about OT or the visit. Bring them with you so you don't forget and can get the answers you need.

## Do you have your medical documents ready?

6



Collect any papers that might help your OT, like hospital discharge notes, GP letters, health summaries, or your NDIS plan (if you're happy to share).