

Occupational therapy



Occupations are essential to living.

- They give our lives meaning, purpose and structure.
- They shape who we are, help us connect with others and give us our identity and sense of belonging.

Sometimes in life we find we can't do an occupation anymore or at least not the way we've always done it.

That's when occupational therapy comes in.

**If you have a question about occupation,
or want to find out more, come and talk to:**