



CAIRNS OCCUPATIONAL THERAPY

Tip Sheet from Cairns OT for RACF Residents and their families

December 2024

Often we receive referrals from GPs via the Residential Aged Care Facility (RACF). We want to make sure everyone is as well informed as possible about the process of engaging with an Occupational Therapist in the facility and the costs.

Referrals

Please send all referrals to referrals@cairnsot.com as this helps us to triage the referrals and ensure the most appropriate OT sees the resident as soon as possible. We have provided our referral form in case you wish to use this, however the GP can use their own forms providing they send all the details we need to action the referral.

Things we need to know...

- Who is funding the OT service and things that are recommended i.e. details of who / what organization is paying
- Email address for the invoices
- Please ensure whoever is responsible for paying our fees and funding what is needed is agreeing to pay within 14 days of invoicing
- The issues that the resident has and areas that you feel need addressing

We would like to emphasise that as Occupational Therapists, we:

- Assess the resident's condition and needs
- Then make treatment/equipment recommendations based on clinical needs
- Then follow up and update/modify treatment plans accordingly

What we can help you with...

- Residents who require hand therapy or splinting
- Residents who require equipment prescription (i.e. pressure cushion/wheelchair)
- Residents who require compression for chronic swelling (i.e. lower leg swelling)
 - Residents experiencing chronic lower limb swelling should also have a GP review to determine the causes of the swelling and rule out any other medical conditions (i.e. congestive cardiac failure, DVT) prior to referral.
 - Please provide recent Doppler scan reports and ABPI if possible. If there is a concern regarding arterial blood flow having a CT angiogram or Doppler and ABPI can be essential to ensuring appropriate safe compression prescription

P: 07 4042 6333

F: 07 4042 6390

referrals@cairnsot.com

Suite 6, Calanna Health Centre

61 Sondrio St, Woree QLD 4868

www.cairnsot.com



Fees

It can take several visits/occasions of service to adequately complete the assessments needed to provide treatment and recommendations to residents. Our fees are based on the number of hours required for the assessment, documentation, travel and liaison. We will often complete an *initial assessment* and then provide an estimate on the number of sessions required including any equipment and costs.

Our current hourly rate is based is \$217 per hour GST Free.

There is a fee increase in line with market factors in July each year.

We have no funding other than the fees relating to the services provided.

Our OTs are

Kerry Stingel (Director)
Amanda Donald
Rebecca Morrison
Natasha Dalzell
Mignon Prinsloo

Our Admin team are Ruby and Lyn.

Cairns OT celebrated our 25nd year of operation in 2024.

We value

- Being **Attentive**, dependable and committed to meeting client and referrer needs
- Providing **Valuable** services to individuals, referrers and community
- Offering Expertise, **Ingenuity** and Adaptability
- Being **Authentic**, honest and sincere in our interactions

Thank you for your ongoing support. We welcome your feedback to referrals@cairnsot.com

Cairns Occupational Therapy is your centre for

- *Hand, wrist and arm therapy, Splinting*
- *Scar, swelling, wound and lymphoedema management*
- *Pain management therapy, especially Neuropathic Pain*
- *Home modification and assistive technology prescription*
- *Neurological rehabilitation services*
- *Work Rehabilitation*