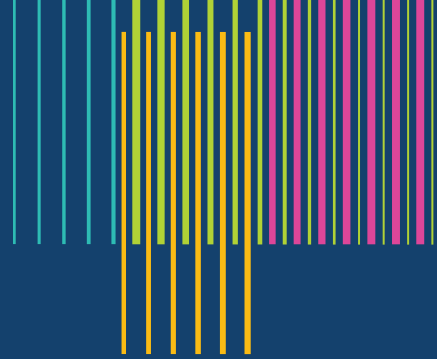
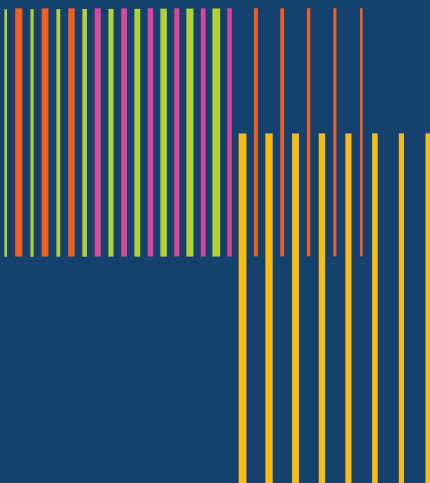




Support at Home Occupational Therapy Packages

**Tailored support for Assistive Technology
and Home Modification (AT-HM)**



 **plena**
Healthcare

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Occupational
Therapy

Tailored therapy

At Plena Healthcare, our Occupational Therapists help older Australians remain safe, independent, and confident at home. Through the Support at Home program, we work alongside clients, families and care partners to identify practical solutions that empower clients to engage in daily activities that matter most, make it easier to manage tasks at home, reduce risk and maintain wellbeing.

Our Occupational Therapy packages have been specifically designed to support the new Assistive Technology and Home Modifications (AT-HM) Scheme, with flexible options ranging from 2 to 9 hours. Whether a client requires a functional assessment, assistive technology prescription, home modification recommendations or support navigating the AT-HM process, our streamlined packages provide an easy and compliant referral pathway.

From assessment through to recommendations and implementation, we manage the entire process to ensure equipment and home modifications are appropriate, fit for purpose and tailored to each client's goals, home environment and functional needs. We work closely with clients, care partners and providers to ensure a seamless experience from referral to outcome.



Key information to consider

Before referring a client for occupational therapy services, it is important to ensure the support aligns with their individual goals, functional needs and eligibility under the Support at Home Assistive Technology and Home Modifications (AT-HM) Scheme. Our structured packages provide a clear and efficient pathway to help clients access the right supports while promoting independence and safety at home.



Individualised approach

Every client has different goals, living environments and functional needs. Our Occupational Therapists tailor each assessment and recommendation to the individual, ensuring assistive technology and home modification solutions are clinically appropriate, practical and outcome focused. While some clients may require additional hours beyond their selected package, others may not require the full allocation.



Case-by-case basis

All occupational therapy services are delivered on an individual basis in accordance with the client's needs and the requirements of the AT-HM Scheme. Recommendations are evidence-based, goal directed and designed to support safe, independent living at home.



Flexibility and communication

We work collaboratively with clients, families and care partners throughout the entire process. From referral through to assessment, recommendations and implementation, we provide clear communication and regular updates, ensuring providers have confidence that every referral is managed efficiently, compliantly and with the client's best interests at the centre.

Our Occupational Therapy packages

We don't just suggest solutions —we help every step of the way in getting them implemented.

Our occupational therapy packages are designed to meet each client's specific needs, with flexible options starting from 1 hour. Whether the individual is looking for a comprehensive assessment or targeted support, we're here to help.

The process ensures that the clients new equipment fits perfectly into their home, their needs, and their lifestyle. We work closely with clients to ensure everything is installed and functioning properly.

	Low Complexity AT Assessment (via phone) 	1 hour
1	Home Environment Safety Check 	2 hours
2	Base Equipment Package 	5 hours
3	Base Home Modification Package 	5 hours
4	Complex Equipment Package 	6 hours
5	All In One Equipment & Home Modification Package 	7 hours
6	Powered Mobility Device Prescription Package 	8 hours
7	Ramp Home Modification Package 	8 hours
8	Transfer Equipment Package 	9 hours



Low Complexity AT Assessment

(Via phone appointment)



A simple, efficient Occupational Therapy service designed to support clients who require **low-complexity assistive technology (AT)**, without the need for a home visit, delivered over the phone.

Session Structure

Phone call assessment with client and clinical report + quote — 1 hour to provider/case manager.

1 Hour Total

Low-Complexity AT Assessments to choose from:

We offer three options below to choose from.

- 1

Personal Alarm

The right personal alarm option for falls risk, emergencies and time alone.

Options include: Monitored or non-monitored, home-based or GPS/mobile, Two-way voice or wearable alarms.
- 2

Medication, Memory and Routine Aids

Medication reminders, day/date clocks and routine prompts for daily independence.

Options include: visual or auditory prompts and reminder devices, non-liquid medication administration aids
- 3

Arthritis, Grip and Daily Living Aids

Medication reminders, day/date clocks and routine prompts for daily independence.

Options include: arthritis-friendly kitchen aids, dressing aids and reachers, built-up utensils or non-slip supports.

AT-HM Support at Home budget for simple equipment

Clients with AT-HM funding allocated receive simple assistive technology quotes and clinical recommendations after a phone assessment.

Fast access to the right equipment

A practical pathway for clients who need straightforward equipment through their AT-HM budget. An OT helps match equipment to the client's needs, abilities and daily routines, providing confidence that the item is suitable, while identifying when a more comprehensive assessment may be needed.

Home Environment Safety Check



The clients time is thoughtfully divided into tailored sessions, ensuring a balanced approach that combines planning, hands-on adjustments, and follow-up support to maximise the effectiveness and comfort of the solutions.

Session Structure

Initial assessment and report ————— 🕒 2 hour

🕒 2 Hours Total

01



Valuable insights into safety

Our clients will gain valuable insights into the safety concerns in their home environment, including understanding potential risks and learning effective strategies to reduce them.



Enhanced safety awareness

The assessment will equip clients with the information needed to make well-informed decisions about any changes or adjustments required to enhance safety.



Recommended check up times

Based on the findings, our occupational therapist will recommend suitable follow-up times to help you implement the suggestions from the initial assessment. This ensures clients will receive the right support and guidance to make the necessary changes smoothly and effectively.

Base Equipment Package



The clients time is thoughtfully divided into tailored sessions, ensuring a balanced approach that combines planning, hands-on adjustments, and follow-up support to maximise the effectiveness and comfort of the solutions.

Session Structure

Initial assessment and report	2 hour
Research, sourcing and supplier coordination	1 hour
Equipment trial	1 hour
Equipment justification report	1 hour

 5 Hours Total

02



Equipment organised for our clients

Clients will receive equipment customised to their unique needs and living environment, helping to enhance their independence and overall quality of life.



Be a part of the choices

Through trials and feedback, the client will play an active role in the selection process, ensuring the equipment is both comfortable and effective for their needs.



Detailed documentation & guidance

Receive detailed documentation and hands-on guidance throughout the process, simplifying funding applications and ensuring that every solution is both reasonable and necessary.



Stay safe in the home

The right equipment will empower clients to carry out daily activities with greater independence and safety.



Solutions that grow with clients

We go beyond installation, offering recommendations for adjustments and training to ensure that the equipment and modifications remain practical and effective for years to come.

Base Home Modification Package



The clients time is thoughtfully divided into tailored sessions, ensuring a balanced approach that combines planning, hands-on adjustments, and follow-up support to maximise the effectiveness and comfort of the solutions.

Session Structure

Initial assessment and report		2 hour
Research, sourcing and supplier coordination		1 hour
Home modifications referral (specifications & diagrams)		1 hour
Follow up post installation of modifications		1 hour

 **5 Hours Total**

03



Equipment organised for our clients

Clients will receive equipment customised to their unique needs and living environment, helping to enhance their independence and overall quality of life.



Be a part of the choices

Through trials and feedback, the client will play an active role in the selection process, ensuring the equipment is both comfortable and effective for their needs.



Detailed documentation & guidance

Client will receive detailed documentation and hands-on guidance throughout the process, simplifying funding applications and ensuring that every solution is both reasonable and necessary.



Stay safe in the home

The right equipment will empower clients to carry out daily activities with greater independence and safety.



Solutions that grow with clients

We go beyond installation, offering recommendations for adjustments and training to ensure that the equipment and modifications remain practical and effective for years to come.

Complex Equipment Package



The clients time is thoughtfully divided into tailored sessions, ensuring a balanced approach that combines planning, hands-on adjustments, and follow-up support to maximise the effectiveness and comfort of the solutions.

Session Structure

Initial assessment and report	⌚ 2 hour
Research, sourcing and supplier coordination	⌚ 1 hour
Equipment trial	⌚ 1 hour
Equipment justification report	⌚ 1 hour
Follow up time/post equipment delivery	⌚ 1 hour

⌚ 6 Hours Total

04



Personalised equipment solutions

Our clients will receive advanced equipment specifically designed to meet their unique needs by enhancing comfort and independence.



Be a part of the choices

Clients will be actively involved in the planning and implementation of their new equipment to ensure it suits their home and needs perfectly, giving them confidence in their choices.



Comprehensive support

We work closely with professionals and provide detailed documentation to ensure our ramps are compliant, installed to the highest standards, and perfectly suited to the clients needs.



Enhanced independence

The right combination of equipment will help individuals carry out daily activities more independently and safely within their own home environment.



Solutions that grow

We go beyond just providing equipment, a part of our process includes support and recommendations for further adjustments or training, ensuring long term satisfaction and usability of the equipment for years to come.

All in one equipment & home modification



The clients time is thoughtfully divided into tailored sessions, ensuring a balanced approach that combines planning, hands-on adjustments, and follow-up support to maximise the effectiveness and comfort of the solutions.

Session Structure

Initial assessment and report		2 hour
Research, sourcing and supplier coordination		1 hour
Equipment trial		1 hour
Equipment justification report		1 hour
Home modifications referral (specifications & diagrams)		1 hour
Follow up time/post installation and equipment delivery		1 hour

 **7 Hours Total**

05



Equipment organised for our clients

Clients will receive both equipment and home modifications specifically designed to meet their individual needs to enhance independence. Clients will come away with up to 4 pieces of non-complex equipment and up to four minor home modifications.



Be a part of the choices

Be an active part of the journey. Clients will be involved in planning and implementation ensuring that every piece of equipment and modification suits their home and needs perfectly, giving them confidence in choices.



Detailed documentation & guidance

Client will receive detailed documentation and hands-on guidance throughout the process, simplifying funding applications and ensuring that every solution is both reasonable and necessary.



Stay safe in the home

The right equipment will transform clients home into a safer, more accessible space. Our expertly matched equipment and modifications helps clients to perform daily tasks with greater ease, confidence, and independence.



Solutions that grow with clients

We go beyond installation, offering recommendations for adjustments and training to ensure that clients equipment and modifications remain practical and effective for years to come.

Powered Mobility Device (PMD) Prescription Package



The clients time is thoughtfully divided into tailored sessions, ensuring a balanced approach that combines planning, hands-on adjustments, and follow-up support to maximise the effectiveness and comfort of the solutions.

Session Structure

Initial assessment and report		2 hour
Research, sourcing and supplier coordination		1 hour
Cognitive screening and off-road assessment (MOCA/PoMoDATT)		1 hour
Powered mobility device trial		2 hour
Powered mobility device justification report		1 hour
Follow up time/post installation and equipment delivery		1 hour

 **8 Hours Total**

06



Powered mobility device organised

Clients will receive a powered mobility device specifically designed to meet their individual needs to enhance their confidence and independence.



Be a part of the choices

Clients will be actively involved in the planning and implementation of their new powered mobility device to ensure it suits their home and needs perfectly, giving them confidence in their choices.



Detailed documentation & guidance

Client will receive detailed documentation and hands-on guidance throughout the process, simplifying funding applications and ensuring that our powered mobility device is both reasonable and necessary.



Stay safe in the home

The right combination of equipment will empower our clients to carry out their daily activities more independently and safely within their own home environment.



Solutions that grow

We go beyond providing just powered mobility devices. We offer ongoing support and recommendations for adjustments and training to ensure that our clients equipment remain practical and effective for years to come.

Ramp Home Modification Package



The clients time is thoughtfully divided into tailored sessions, ensuring a balanced approach that combines planning, hands-on adjustments, and follow-up support to maximise the effectiveness and comfort of the solutions.

Session Structure

Initial assessment and report	2 hour
Research, sourcing and supplier coordination	1 hour
Joint builder consultation	1 hour
Home modification referral (specification & diagrams)	3 hour
Follow up time/post installation of home modifications	1 hour

 8 Hours Total

07



Enhanced accessibility

Clients will benefit from a ramp specifically designed to improve access to their home, whilst both enhancing their independence and safety.



Personalised solution

The ramp will be tailored to the individuals needs, ensuring it is both suitable and effective for them and their home.



Comprehensive support

We work closely with professionals and provide detailed documentation to ensure our ramps are compliant, installed to the highest standards, and perfectly suited to the clients needs.



Solutions that grow with you

We go beyond just providing enhanced accessibility, we offer follow up support and suggestions for any necessary adjustments, ensuring our clients ramp remains effective and meets their needs for years to come.

Transfer Equipment Package



The clients time is thoughtfully divided into tailored sessions, ensuring a balanced approach that combines planning, hands-on adjustments, and follow-up support to maximise the effectiveness and comfort of the solutions.

Session Structure

Initial assessment and report		2 hour
Research, sourcing and supplier coordination		1 hour
Equipment trial		2 hour
Equipment justification report		1 hour
Follow up/training to staff & family on manual handling process		2 hour
Report manual handling guide specific to consumer & equipment		1 hour

 **9 Hours Total**

08



Equipment organised for our clients

Our clients will receive equipment customised to their unique needs and living environment, helping them to enhance their independence and overall quality of life.



Personalised manual handling plan

Our clients will receive a manual handling plan tailored specifically to their needs, the equipment, your environment, and the staff involved, ensuring safe and effective handling practices.



Be a part of the choices

Clients will be actively involved in the planning and implementation of their new equipment to ensures it suits their home and needs perfectly, giving them confidence in their choices.



Detailed documentation & guidance

We provide detailed documentation and support throughout the process to streamline funding applications and ensure the equipment is both appropriate and essential for the needs.



Enhanced independence

The right combination of equipment will help clients carry out daily activities more independently and safely within their own home environment.



Solutions that grow

We go beyond installation, offering recommendations for adjustments and training to ensure that clients equipment and modifications remain practical and effective for years to come.

How to book

In order to make a booking for you or a loved one to receive one of our packages, please fill out our **In-Home Allied Health Referral Form** and email it to: **community@plenahealthcare.com.au**

A member of our team will contact you



In-Home Allied Health Referral Form



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