

VIVALIFE

Easy Read Guide

Occupational therapy
support for
everyday life

Choice
Independence
Confidence
Participation



ABOUT US

Welcome to VIVALIFE

VIVALIFE is an occupational therapy service in Australia.

We support people of different ages and abilities.

- Children and young people
- Adults
- Older people
- People with disability
- People who need mental health support

Every person has their own strengths, goals and things that matter to them.

We listen to you

We respect your choices.

We work with you, your family, your support coordinator and other professionals.

We make plans with you, not for you.

Where we can work

At home	At school
In a clinic	In the community

Support for everyday life

Daily living skills

We can help with dressing, eating, washing, using the toilet and organising your day.

Movement and coordination

We can help with hand skills, writing, using tools and physical activities.

Feelings and sensory needs

We can help with stress, anxiety, sensitivity and attention difficulties.

Your environment

We can suggest equipment, safety ideas and changes at home or school.

Your goals

We plan, practise and review your progress with you.

Our goal is to help you live a safer, more independent and more confident life.

OUR TEAM AND PURPOSE

Our therapists

Our occupational therapists are registered in Australia.

They use professional knowledge and evidence to support you.

They will support you in a professional, respectful and warm way.

You can ask questions and tell us what works for you.

Our vision

We want every person to have more independence, choice, confidence and hope.

Our mission

We help you reconnect with everyday life and take part in the things that matter to you.

Our values

WE CARE	We care about every person.
WE FIGHT	We take time to understand every story.
WE UNDERSTAND	We take action to protect every possibility.

CONTACT

We want every participant to feel

- safe
- respected
- heard
- understood
- protected

Please tell us if something does not feel right
We look forward to supporting you

Contact VIVALIFE: +61 405738887