



CAIRNS OCCUPATIONAL THERAPY

Tip Sheet from Cairns OT to NDIS referrers / participants

November 2025

We appreciate your referrals. We'd like to give you some extra info to help ensure you are referring participants who are within our scope and give us all the details we need to action your referral as quickly as we can.

Some participants' needs are **outside of our scope of practice** and we recommend other OTs for these services, unless they are specifically needing services that are within our areas of expertise listed below. Examples of participants who are not in our scope include children with developmental delay, children or adults with Autism / ASD / ADHD / mental health diagnoses / Intellectual Disability / Behavioural management issues, Assessments relating to SIL and SDA, Driving Assessments and those needing FCAs.

What / who is in our scope and expertise?

Adult / late teen participants with primarily physical disabilities who need OT.

We have expertise in the following areas:

- Hand, wrist and arm therapy, Splinting
- Chronic Swelling, wound and lymphoedema management
- Pain management therapy, especially Neuropathic Pain and Chronic pain
- Neurological / Cognitive rehabilitation
- Home modification and assistive technology prescription

Referrals

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

- How the funding is managed and who the invoice needs to be emailed / submitted to
- The issues that the participant has and areas that you feel need addressing
- NDIS Plan and / or details from GP / Hospital / Rehab providers re medical diagnoses, details of their known functional issues
- Detail any timeframes that are important
- Clarify if a participant is urgent due to risk factors e.g. at risk of pressure injury / sudden deterioration / newly acquired disability vs they want things now

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



Our process

We would like to emphasise that as Occupational Therapists, we

- assess function and then we
- teach the appropriate task modification techniques / treat the condition to seek improvements
- prescribe and train the participant / carers with the appropriate assistive equipment
- recommend / design home modifications and liaise with the builders / contractors (rarely possible at this time due to limited OT availability)
- document the recommendations in the manner required by NDIS

There has to be a clinical need for the assistive equipment / home modification.

We cannot and will not 'rubber stamp' equipment / AT requests. Inappropriate or unnecessary equipment can be as dangerous as incorrectly prescribed medication and can reduce capacity.

Fees

Our fees are based on the number of hours we required for the assessment / treatment, documentation, travel time and kilometres and liaison. We will complete a service agreement with the participant or their advocate at or shortly after the initial assessment.

Our hourly rate is taken from the NDIS Price Guide. It is currently \$193.99 per hour GST Free. The hourly rate changes at least annually in line with the NDIS price guide.

We can treat self-managed and Plan Managed participants.

We are NOT currently able to see NDIA agency managed participants.

Our OTs are based locally and work from our office in Woree (southern side of Cairns), via telehealth when needed and within the community:

- Kerry Stingel (Director)
- Rebecca Morrison
- Amanda Donald
- Amanda Withers
- Jesse Booyesen

Our Admin team are Ruby and Lyn. Please phone 4042 6333 to talk to our Admins if you need clarification. Please see the Provider Directory on Cairns Disability Network's website if you need an OTs with different scopes of practice.

Cairns Occupational Therapy Pty Ltd celebrated our 25th year of operation in 2024. We value

- Being **Attentive**, dependable and committed to meeting participant and referrer needs
- Providing **Valuable** services to individuals, referrers and the 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