

LIFE SKILLS RETRAINING

Building confidence and independence in everyday life



WHAT IS LIFE SKILLS RETRAINING?

Life Skills Retraining is practical Occupational Therapy designed to help you develop, rebuild or strengthen the skills needed for everyday life.

Rather than simply doing tasks for you, therapy focuses on finding ways to help you participate as independently and confidently as possible.

WHAT CAN WE WORK ON?

Your goals might include:

- Cooking and meal preparation
- Shopping and budgeting
- Household routines
- Personal care
- Planning and organisation
- Using public transport
- Accessing the community
- Establishing healthy routines
- Time management
- Social participation
- Problem-solving
- Building confidence with everyday tasks

WHAT TO EXPECT

Life Skills Retraining is designed around your life and your goals.

Depending on what you're working towards, sessions may take place at home, in the community, in clinic or in other everyday environments where you need to use these skills.

Together, we can break larger goals into achievable steps and develop practical strategies you can use in everyday life.

IS THIS SERVICE RIGHT FOR YOU?

Life Skills Retraining may be helpful if you want to build greater independence, confidence or participation in everyday activities that are important to you.

Beth can talk with you about your goals and determine whether this service may be appropriate for your needs.

Ready to Make a Referral?

SCAN TO REFER

