

## A Quick Reference Guide for Internationally Qualified Occupational Therapists

### 01. ASSESSMENTS (NDIS)

The National Disability Insurance Scheme (NDIS) is explicitly underpinned by the ICF framework

Common Ax tools include:

- WHODAS 2.0 (developed by WHO based on ICF)
- PEDI-CAT
- Vineland Adaptive Behavior Scales
- COPM
- Observation

### 02. FUNCTIONAL INTERVENTION APPROACHES

Intervention in Australian context prioritises functional outcomes over medical management. Success is measured by improved participation, independence, and community engagement — not changes in diagnosis or impairment alone.

### 03. NEURO-AFFIRMING PRACTICE

Neuro-affirming practice recognises and values neurological differences (autism, ADHD, dyspraxia, etc.) as natural human diversity. It prioritizes strengths, participation, and autonomy, avoiding attempts to “normalize” clients or reduce neurological differences unnecessarily.

### 04. RESTRICTIVE PRACTICES: HIGHLY REGULATED

Restrictive approaches (e.g., physical restraint, seclusion) are minimised, regulated, and only used as absolute last resorts under frameworks like the NDIS Positive Behaviour Support requirements. Goals focus on environmental modification and proactive supports over control.

### 05. ACTIVE LISTENING & SHARED DECISION-MAKING

In Australian occupational therapy practice, a client-centred and collaborative approach places the person at the heart of all decision-making. Rather than directing the process, the therapist works in partnership with the client, engaging in collaborative goal-setting where outcomes are co-designed and regularly reviewed together.