

# Therapy Assistant



Health  
South Western Sydney  
Local Health District

## What is a Therapy Assistant?

Therapy Assistants support professional staff by helping with client therapy and/or personal care, client group work, client visiting, maintaining resources and preparing written and verbal reports.. They assist and support people and their carers to maintain activities of daily living and improve their quality of life.

## Roles of a Therapy Assistant

### Community Health Assistant in Nursing

- Assist in the provision of care for community and palliative care clients. This may include personal and hygiene care such as showering, bathing , dressing and incontinence
- Administrative duties including documentation of care
- Supply management.

### Occupational Therapy Assistant

- Assists in the provision of client services in the home, clinic, hospital or day centre.
- Constructs, adjusts, demonstrates and fits aids and equipment; including splints.
- Under direction of an occupational therapist, assists clients in self-care, skills of daily living, rehabilitation I and other diversional activities with the aim of improving safety and independence of the client in these tasks.
- Reports any unusual circumstances, independent action taken, or additional services and action.

### Physiotherapy Assistant

- Assists clients with exercise or rehabilitation programs.
- Delivers self-care and rehabilitation equipment to the patient at home, in a hospital or clinic.
- Adjusts equipment to suit the client's needs.
- Demonstrates the use of equipment.
- Lifts, transfers and generally assists in moving patients within their home, to hospitals or places of treatment.

### Speech Pathology Assistant

- Assists in the provision of therapy to clients once a speech pathologist has assessed and devised a suitable program.
- Assists and trains clients in the use of alternative electronic and non-electronic communication systems.
- Helps to make or prepare equipment to use with clients.

## Career Opportunities

Therapy assistants work in hospitals and hospices, private homes, community centres, residential aged care facilities, day centres, clinics and private practices.

## Qualifications Required

Work as a therapy assistant is available without formal qualifications. Informal on the job training will be provided however obtaining a relevant Certificate III or IV qualification will improve employment opportunities. Entry to certificate courses in Health Service Assistants usually requires Year 10 High School Education.

## Supervision provided

A comprehensive orientation program is provided for all new staff members with ongoing support and supervision.

## Personal skills required of a Therapy Assistant

- Maturity and responsibility.
- Able to relate well to people of all ages who may be frail or sick or have a disability or developmental delay.
- Caring, understanding, patient and calm.

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Adapted from Australian Government Department of Education, Employment & Workplace Relations Job Guide <http://www.jobguide.thegoodguides.com.au/> and reviewed by SWSLHD staff