



DONN  NEL
OCCUPATIONAL
THERAPY
MIND BODY FUNCTION



OCCUPATIONAL THERAPY

*Start doing and being to become
your best self for a transformed life*

Occupational Therapy Intervention



MIND BODY
FUNCTION

1 What is Occupational Therapy?

Occupational Therapy is a healthcare profession with a biopsychosocial approach, which considers the physical, psychological and social factors that influence health and wellbeing. The specific aim of Occupational Therapy is to provide an opportunity for you to achieve your individual goals and improve your quality of life. Rehabilitation aims to optimise your engagement in meaningful activities, including self-care, work and leisure.

2 Who can benefit from Occupational Therapy intervention?

Donné Nel Occupational Therapy offers a service specifically for adolescents and adults. Occupational Therapy intervention can assist individuals who have been diagnosed with a physical and/or psychological condition (including chronic illness or injury) or those who have had surgery. Treatment helps you to regain your independence through doing, and connect with your inner self through being, in order to become the best version of yourself.

3 What is the cost of Occupational Therapy treatment?

The practice charges medical-aid rates for individual Occupational Therapy and group sessions, with the option of direct submission to your medical aid. The cost depends on your specific treatment plan and the tariffs of your medical aid.

4 How do I get referred for Occupational Therapy?

You can refer yourself to Occupational Therapy, or request a referral from your treating health professional. Please contact Donné via email (ot@mindbodyfunction.co.za) to book an initial consultation or to find out more about the service.



About Donné Nel Occupational Therapy

Donné Nel is an Occupational Therapist who has a passion for working with adults to help them achieve optimal mind-body function, and facilitates the recovery of their physical and psychological wellbeing through the engagement in valued activity to fulfil life roles. Donné Nel Occupational Therapy offers a client-centred approach with the aim of helping people to live a meaningful life, and to achieve their individual goals, despite illness or injury.

Donné has developed an interest in chronic pain intervention, and furthered her knowledge by obtaining a Certificate in Pain Management. Occupational Therapy intervention is focused on optimising function, facilitating return to work and improving overall quality of life.