

ABBEY CHEN

Occupational
Therapist



PROFILE

Hi, I'm Abbey, an Occupational Therapist at Conscious Healthcare SA.

I completed my Master of Occupational Therapy at Flinders University after moving to Australia to continue pursuing my passion for helping people live meaningful and independent lives. Prior to this, I worked as an Occupational Therapist in Taiwan for over six years within the mental health sector, supporting people to build everyday living skills, develop confidence, and reconnect with their communities.

Throughout my career, I have gained experience across mental health, acute care, aged care, and community practice. These experiences have strengthened my ability to work alongside people with diverse physical, cognitive, and psychosocial needs while tailoring therapy to what matters most to each individual.

I have a particular interest in supporting adults with mental health conditions, autism, ADHD, psychosocial disability, and executive functioning challenges. I enjoy helping people develop practical strategies for daily routines, emotional regulation, community participation, independent living skills, and achieving goals that are meaningful to them.

My approach is collaborative, compassionate, and person-centred. I believe every person has unique strengths, experiences, and aspirations, and I strive to create a welcoming environment where clients feel heard, respected, and empowered from our very first session. Together, we'll identify your goals, build on your strengths, and develop practical solutions that fit your lifestyle.

I value lifelong learning and continually expand my clinical knowledge to ensure I provide evidence-based, high-quality care. Seeing clients gain confidence, independence, and enjoyment in their everyday lives is what I find most rewarding as an Occupational Therapist.

Small actions can create big changes in someone's life. This belief continues to guide my practice every day.