

# Occupational Therapy Department

## Patient Information



The Information Standard Certified Member

# Information

If you need this information in large print, easy read, on audiotape or in another language please call 0800 7838058 or e-mail [pals@dchft.nhs.uk](mailto:pals@dchft.nhs.uk)

If you wish to obtain a list of the sources used to develop this information leaflet please call 0800 7838058 or e-mail [patient.info@dchft.nhs.uk](mailto:patient.info@dchft.nhs.uk)

Authors: Nicola Samson & Nicola Chapman  
Roles: Occupational Therapists  
Publication Date: 05/16  
Review Date: 05/19

## How will Occupational Therapy help me?



### What do occupational therapists do?

The aim of occupational therapy is to enable people to be as independent as possible when illness, disability or injury is making normal daily activities more difficult.

The occupational therapist begins by assessing your abilities and safety to return home.

This includes being able to:

- **Manage your continence needs**
- **Access to food and drink**
- **Managing your medication**
- **Wash and dress**
- **Call for help**

You may be able to do these things independently or require support.

The occupational therapist will assess you for care and support required for discharge.

Once you are home you may have further rehabilitation goals, such as:

- **Being able to walk further**
- **Increasing your independence with everyday tasks**
- **Reducing your risk of falls**
- **Keeping active**
- **Accessing the community**
- **Maintaining a social life**

You may be referred onto other community services, for example:

- Social services occupational therapist for further equipment or home adaptations (i.e. advice regarding stair-lifts & wet rooms)
- Community rehabilitation team to continue your therapy at home

You may be given information to make arrangements yourself.

## **How can you help?**

Please consider these questions with your friends and family. This will help us work together to plan your discharge.

**What are your concerns about leaving hospital?**

**How might you overcome these concerns?**

**What information do you need?**

**Who in your social network can help you?**

<p><b>Your occupational therapist is:</b></p> <p>.....</p> <p><b>Their phone number is:</b></p> <p>.....</p> <p><b>Their working hours are:</b></p> <p>.....</p>
--

## How do I identify an occupational therapist?

Occupational therapists wear green trousers and a white top with green piping.

We also have assistant staff.

All staff should introduce themselves and wear a badge.

## Useful contact numbers

You can make your own arrangements for private care and support. Here are some useful contact numbers:

- My Life My Care: [www.mylifemycare.com](http://www.mylifemycare.com)
- Adult Social Care Service: 01305 221016
- Age UK: 01305 269444
- British Red Cross: 01823 273700

## Further Information

Occupational therapy department: 01305 255241

