

What is Occupational Therapy?

Occupational therapy is based on an understanding of the relationships between occupation, health and wellbeing. That as people we are driven to act. That tasks demand us to learn, adapt and respond, therefore, action or doing facilitates change.

The aim of OT is to help you function to the best of your ability. This is achieved through a process of developing skills; problem solving and working towards your own prioritised goals, in order to increase or maintain independence.

We believe that If you are unable to do the day-to-day things that you want to, or need to do, your general health, well-being and quality of life may be affected and OT can help with this.

An occupational therapist is often referred to as an OT, and will have studied for a minimum of three years for this professional qualification. All OTs are registered with the Health Professions Council.

Occupational therapy support workers (assistants and technical instructors) work alongside OTs and with supervision carry out some of their work.

The OT works as part of the multi disciplinary team with you central to this process and with your full consent. OT interventions will be based on best practice and evidence based research with particular regard to College of Occupational Therapy and NICE guidelines.

making a

difference

together

What does occupational therapy involve?

The occupational therapist will talk with you to find out how your life is being affected. A plan will be made with you, using your strengths, skills and interests to help you get on with your life.

We can see you on your own for individual help, or you may benefit from a specific group that we organise.

You may work with the OT in a variety of settings, either in an in-patient setting, at your home, or elsewhere in the community.

Occupational therapy aims to:

- promote independence in daily living
- maintain or increase function
- promote good health
- improve quality of life
- encourage self reliance

The OT can help you with:

- independence in the home and community
- developing a healthy life style
- managing your time
- expressing yourself through creative activities
- increasing motivation
- improving quality of life
- meeting people and developing social networks
- accessing community resources and leisure activities
- learning how to cope with stress and manage symptoms
- developing coping skills
- problem solving/decision making
- developing confidence and self esteem
- developing skills to look for employment or return to work
- support for your health and wellbeing needs
- the use of specialist adaptive equipment

We use a variety of everyday meaningful activities to help in your recovery and/or to help you maintain quality of life.

In order for you to get the most benefit from your sessions, you will be encouraged to be actively involved.

People who use our services report benefits as:

- keeping well and being productive
- increasing self worth and preventing social isolation
- feeling invigorated and happy by occupations that have no tangible benefit such as singing or dancing
- being creative
- having a structure to the day
- the chance for employment, payment and an increase in dignity and self worth
- being and doing with others 'talk together, learn together'
- helping to create an ordinary routine
- developing skills and confidence
- being physically active

What are the risks?

Occupational therapy is client centred and works to plan interventions that help people who use services 'take positive risks within the limits set by local protocols on risk assessment and risk management'.

What are the alternatives?

Alternative approaches to dealing with distress or problems with day to day living include talking therapies and medication. These can be discussed with a member of the nursing team, a psychologist, or with your doctor.

Occupational therapy – Able to Make You Able

For more information contact:

Name
Address
Telephone

Sources of further information:

www.hpc-uk.org

www.cot.co.uk

Recovering Ordinary Lives: The Strategy for Occupational Therapy in Mental Health Services 2007-2017, London, College of Occupational Therapy.

Access to information about you

Tees, Esk and Wear Valleys NHS Foundation Trust is registered under the Data Protection Act 1998 to store and use personal information. We ask for information about you so you can receive proper care and treatment. We keep this information together with details of your care, because it may be needed if we see you again.

Everyone working in the NHS has a legal duty to keep information about you confidential. You can request the personal information we hold about you. To access your personal information, write to the Data Protection Officer, Information Governance Department, Lanchester Road Hospital, Lanchester Road, Durham City, DH1 5RD

Compliments, comments, concerns and complaints

We welcome compliments, comments, concerns and complaints in order to ensure we continue to provide high quality care to you. You can raise anything from comments to complaints with the professional delivering your care, or alternatively by contacting our Patient Advice and Liaison Service (PALS) team by:

Freephone: 0800 052 0219

mobile: 07775 518086

e-mail: pals@tevw.nhs.uk

You may prefer to put your concerns in writing to the Complaints team at Flatts Lane Centre, Flatts Lane, Normanby, Middlesbrough, TS6 0SZ.

Information in other languages and formats

If you would like this leaflet in another language, large print, audio or braille, please ask a member of staff to contact the Patient Advice and Liaison Service (PALS) on 0800 052 0219.