

## When is the Macmillan OT Service available?

We operate a weekday service during normal office hours  
Monday to Friday 8.00am to 4.00pm

## Contact details

Direct Dial **01522 572378** Fax 01522 573599

Please advise that the message is for the Macmillan occupational therapy service and leave your name and contact number. An answer phone is available out of hours. Thank you.

Helen Fieldson Macmillan Occupational Therapist  
BSc (Hons) Adult Cancer Care

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

## References

If you require a full list of references for this leaflet please email  
[patient.information@ulh.nhs.uk](mailto:patient.information@ulh.nhs.uk)

The Trust endeavours to ensure that the information given here is  
accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille, please email the Patient Information team at [patient.information@ulh.nhs.uk](mailto:patient.information@ulh.nhs.uk)

# Macmillan Occupational Therapy Oncology & Haematology Out-Patient Service

[www.ulh.nhs.uk](http://www.ulh.nhs.uk)

## What is Occupational Therapy?

Occupational Therapists work with you and your family to reduce the impact that illness and treatment can have on your ability to fulfil daily occupations. This could be your work, caring for others, personal care, domestic activities, physical intimacy, social and leisure activities or something else that is important to you.

## How do we achieve this?

We achieve this by:

- Clearly identifying with you and your family your main difficulties, concerns and priorities.
- Supporting you to maintain, or resume your normal roles and interests.
- Providing support with emotional and psychological well being.
- Supporting you to establish and achieve realistic goals.
- Offering advice on self-management skills to help you manage aspects of your condition e.g. symptoms of fatigue, breathlessness, anxiety.
- Providing assessments and advice for equipment to aid independence inside and outside the home.
- Making appropriate referrals to other professionals and services with your consent e.g. community support services, benefits advisor, equipment providers.
- Providing quality information.

## Who can see the Macmillan Occupational Therapy team?

The service is available to support individuals who have a cancer diagnosis and are attending an oncology or haematology out-patient clinic, receiving chemotherapy, radiotherapy, symptom management and/or preparing for surgery.

You may have concerns about:

- Severe tiredness/fatigue affecting daily activities
- Getting about inside or outside the home
- Coping at home during radiotherapy, chemotherapy or after surgery
- Work matters
- Your family/carer coping with your needs or their needs
- Falls or the risk of falling
- Insufficient support at home
- Deteriorating or variable condition
- Social isolation
- Your responsibilities as a carer
- Anxiety or low mood affecting engagement in normal activities
- Cognitive difficulties e.g. memory

## How can I request to see a Macmillan Occupational Therapist?

Please speak to your consultant, the clinic nurses, the chemotherapy or radiotherapy staff, Macmillan nurse or your key worker who will refer you.

## What will happen next?

We will contact you by phone and arrange to see you on a day that you are attending out-patients, if possible, or an alternative day if you would prefer.

A home visit may be offered if the Macmillan Occupational Therapist feels this is appropriate.

We will establish your needs and priorities and agree a plan of action with you and your family.