

How can I arrange to see an Occupational Therapist

If you are attending a clinic appointment with a Doctor or Parkinson's Disease Specialist Nurse please ask them to refer you to Community Occupational Therapy.

In between clinic appointments you can contact the Occupational Therapy Department on **01522 572378** and ask to speak to a member of the **Community Team**.

We are available Monday to Friday 8.30am - 4pm. An answerphone is available outside these times.

We will be able to discuss your needs over the phone. If needed, we will arrange to see you at home or when you are next attending clinic.

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



Community Occupational Therapy Service for People with Parkinson's Disease

Community Team
Occupational Therapy Department
Lincoln County Hospital
www.ulh.nhs.uk

What is Occupational Therapy?

Occupational therapy can help people of all ages continue everyday activities when they become difficult to do.

If you have Parkinson's Disease or a Parkinson's-type syndrome, you may find it more difficult to do everyday tasks and activities that you used to do easily. Occupational therapists understand that being able to perform these daily activities can be very important to your health and sense of wellbeing.

Occupational therapy may help you to optimise your abilities and support your participation in the following areas:

- Walking indoors and outdoors
- Preventing falls
- Getting on and off your bed, chair and toilet
- Bed mobility (moving and turning in bed)
- Posture and seating
- Eating and drinking
- Self-care routines
- Domestic skills
- Managing tiredness and fatigue
- Handwriting
- Roles and relationships
- Work, voluntary work and education
- Social, recreational and leisure activities
- Driving
- Getting out and about

What will happen at an Occupational Therapy Appointment?

During your first meeting, the Occupational therapist will ask you about your daily routines, your home, your roles, responsibilities and the activities that you need and want to do.

They will find out what is causing you difficulties and consider the effect of any other health issues on your day-to-day life.

You will be asked what your main priorities are and the Occupational therapist will work with you to create an action plan. This may include one or two sessions or goals to be achieved over a few weeks.

How can Occupational Therapy help me?

Depending on your priorities and individual circumstances the Occupational therapist may work with you to:

- Show you new ways to do a difficult task more easily.
- Give you advice about using strategies, techniques and new technologies where you need them.
- Offer advice on making practical changes to your home or workplace to meet your needs.
- Advise you about using other services or forms of support for you and your family or friends.
- Assess for and recommend equipment, such as mobility aids or wheelchairs.
- Promote your sense of wellbeing by helping you find ways to continue with hobbies and interests.
- Advise you on practical ways to manage fatigue.