

References and useful resources

- **The National Health Service:** NHS Choices website provides information about the symptoms, diagnosis and treatment or management of a range of conditions as well as information about occupational therapy **www.nhs.uk**
- **The College of Occupational Therapists:** Information about the role and philosophy of the profession **www.cot.co.uk**
- **Ways and Means:** Products for Independent Living - providers of a range of specialist products to support independent living **Tel: 0345 606 0911**
www.waysandmeans.co.uk

Written information about some of these services may be available at your appointment but you may wish to access these resources independently beforehand.

If you have any other problems or queries please contact:

Occupational Therapy

Lincoln Hospital	01522 572378
Pilgrim Hospital	01205 445359
Grantham Hospital	01476 464360
Louth Hospital	01507 631309

COMMUNITY OCCUPATIONAL THERAPY SERVICE

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 e-mail the Patient Information team at patient.information@ulh.nhs.uk

Occupational Therapy
www.ulh.nhs.uk

What to expect

The Community Occupational Therapy Service provides community based support for adults in the community who require Occupational Therapy.

We work with you to “live your life your way” by helping you to do the things you want and need to do that may be difficult, due to a short or long term condition.

Referral to an Occupational Therapist is usually through your GP or consultant, but can be through other professionals.

Treatments and interventions may include:

Looking at how you manage to do your daily activities, for example, getting washed and dressed and helping you to regain skills and independence through:

- Provision of equipment and minor adaptations
- Education
- Referral to other professionals and organisations to support your needs
- Falls management
- Rehabilitation
- Self-management of long term conditions
- Driving issues and advice on where to seek guidance and assessment.

Your first visit

During your initial home visit, your Occupational Therapist will ask about your health conditions and areas of your life including your work or home roles, as well as any hobbies you have. This is to help get a better understanding of what is important to you and to develop goals that you would like to work on, to enable you to do the things you need and want to do.

Your Occupational Therapist (OT) can assist with emotional and psychological support, recognising the wider impact that your health condition may have on your life. We can refer to other relevant services if you wish and can introduce you to local and internet support groups.

It's all about you

After all of your information has been gathered during your first appointment, your therapist will agree some goals with you. This provides focus during your rehabilitation. Goals help you and your therapist to monitor your progress and make necessary changes to your rehabilitation plan, so that you can achieve the goals you have set.

How will I recognise Occupational Therapy staff?

Occupational Therapy staff wear white tunics and green trousers.

All Occupational Therapy staff will introduce themselves and their role when they first meet you. They wear identification badges which show their name and job title.

Your Occupational Therapist is:

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Your Senior Occupational Therapy Assistant

is:

Contact Details

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Your appointment is on

.....at