

## Occupational Therapy

### What is Occupational Therapy?

Occupational Therapy aims to enable people to become as independent as possible within their daily lives, whilst recovering from injury or adapting to new illness.

All qualified Occupational Therapists have completed at least a three-year course of study and must be HCPC registered. They work closely with other professionals such as doctors, nurses, social workers, and physiotherapists.

Qualified Occupational Therapists wear a uniform in white and bottle green and assistants wear grey and black.

### Why may I be referred to you?

You may be referred to us if:

- You are experiencing difficulties carrying out daily activities on the ward
- You were having problems coping at home before you came into hospital
- You are having problems with memory
- You are worried about how you will manage when you return home
- You may require rehabilitation
- You are having Upper limb / hand dexterity issues



## Patient Information

Your Occupational Therapist will discuss with you any problems you are having with daily activities.

These may include:

- Washing and dressing
- Getting on/off your chair, toilet, bed
- Using the bath/shower
- Managing the stairs
- Preparing a hot drink and meals
- Getting around inside your home and outdoors

### **How will you help me with my difficulties?**

We will ask you how you were managing before admission to the hospital. This will help us understand your previous abilities. Your Occupational Therapist is trained to offer practical help and advice to help you cope with everyday tasks which you may now find difficult due to your medical condition.

This may be by:

- Providing assessments, advice, equipment, or adaptations to maintain your independence.
- Practicing activities with you to help increase your confidence and stamina.
- Referring you to other services on discharge.
- Working with staff including nurses, physiotherapists, and social workers to plan a safe discharge from hospital.

### **What next?**

After we have worked with you to identify any difficulties or problems, we will show you different ways of managing them. We may offer you equipment for use at home and provide rehabilitation, referring to community services where necessary. We may give you contact numbers of other agencies who might also be able to help.

## Patient Information

Please do not worry about the questions, demonstrations, and visits that we may do. We do these to maximise your safety within your home environment, and to assist you in addressing any problems identified.

You can contact your Occupational Therapy team on:

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The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 02476967838 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

### Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:  
[www.uhcw.nhs.uk/feedback](http://www.uhcw.nhs.uk/feedback)



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