Occupational Therapy (OT) Information for Patients

Introduction
This leaflet is a handy guide for OT patients. Please keep this leaflet in a safe place for your reference, as it may answer many of your questions.

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<th>Your Therapist's Contact Details</th>
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What is Occupational Therapy and why were you referred?
OT enables people to maintain or improve their ability to carry out everyday activities (such as bathing and dressing and meal preparation) which may have been affected by an illness or disability.

We will work together with you and your family/carers to help you overcome difficulties in the areas of self-care and activities of daily living.

A member of the healthcare team (doctor/nurse/therapist) looking after you has asked us to see you, to see if we can offer any support, advice or assistance to you while you are preparing for discharge in order to help you get better quicker.

What happens when you are seen by an Occupational Therapist?
First your therapist will carry out an assessment of your abilities by discussing with you and observing any difficulties you are experiencing. The therapist may want to see you performing bathing and dressing tasks or getting on or off the toilet or in or out of the bath. We may even want to see how you are able to prepare a drink or a snack. This way we can devise a treatment plan with you to help you overcome difficulties.

Occupational Therapists’ overall aim is to promote your independence.
EACH PATIENT IS DIFFERENT SO THE THERAPIST WILL GIVE YOU HEALTHCARE ADVICE DEPENDING ON YOUR CURRENT SITUATION.

Your individual treatment plan may involve any of the following:

- Practice of tasks you find difficult.
- Advice on techniques to make tasks easier.
- Provision of equipment to help you.
- Assessment of your home environment if appropriate.
- Provision of splints as appropriate.
- Liaison with community or other statutory services with your agreement.
- Assessment for a wheelchair and pressure relief cushion as appropriate.
- Assessment for additional care at home if appropriate.

We have left some space blank for you or your therapist to write in other useful phone numbers, information or an agreed plan of care.

Therapist to do list:

Patient to do list:

Useful Phone Numbers and Websites

Hillingdon Hospital Patient Advice & Liaison Service: 01895 279 973
http://www.thh.nhs.uk/Patients/Advice/pals.htm

Age UK Hillingdon (Age Concern and Help the Aged): 0208 756 3040
http://www.ageuk.org.uk

Hillingdon Independent Living Centre: 0208 848 8260
Hillingdon Mediquip: 0208 750 1580
Hillingdon Social Services: 01895 556 633 http://www.hillingdon.gov.uk
Languages/ Alternative Formats

Please ask if you require this information in other languages, large print or audio format. Please contact: 01895 279973

Fadlan waydii haddii aad warbixintan ku rabto luqad ama hab kale. Fadlan la xidhiidh 01895 279 973!

Jezeli chcialbys uzyskac te informacje w innym języku lub w duzej czcionce popros pracownika oddzialu o kontakt pod numerem telefonu: 01895 279973.

各國語言/模式選擇
若你需要以下資料改為其他語言，大寫，或其他模式例如收音式或盲人字體的話，請電 01895 279973。

Если вам нужна эта информация на другом языке, в увеличенном шрифте, или в другом формате, попросите сотрудника отделения позвонить на номер: 01895 279973.

إذا كنت تود الحصول على هذه المعلومات بلغة أخرى، أو بتنسيق أكبر، أو في شكل صوت، يمكنك الاتصال ب 01895 279973 للإجابة.

اگر آپ کو یہ معلومات کسی دیگر زبان میں، بڑی حروف میں یا ایک وسیع طریقہ، سے دکھا کر ہوں تو بھی اس کی زبان میں یا کسی دوسرے نشان برابر 01895 279973 میں ہم آپ کو کمک کریں گے۔