

How to access Occupational Therapy.

- You can contact the customer services centre on:
01803 219700
(available Mon-Fri 8.00am to 6.00pm)
- You will be asked the name of your GP and your address and will then be connected to your local office.
- Someone you know can contact us on your behalf providing they have your consent.
- A coordinator will speak to you to gather some general information. You will be informed of an approximate length of wait before an Occupational Therapist contacts you.

Is there a charge for Occupational Therapy?

There is no charge for the assessment.

Feedback

Your feedback about our service would be welcome. Please complete and return the feedback form which will be left with you or use the online contacts on the back page.

Occupational Therapists are registered with the Health and Care Professions Council (HCPC).



www.torbayandsouthdevon.nhs.uk



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This document can be made available in other languages and formats.

For more information telephone
01803 219700

25212 V2/Community/TSDFT/08.17/
Review Date 08.19



Partners in Care

Torbay and South Devon **NHS**
NHS Foundation Trust

Adult Occupational Therapy



Your Occupational Therapist is:

Contact number:

Working with you, for you

What is Occupational Therapy?

Occupational Therapy aims to promote a person's health and wellbeing through their everyday activities. It is a way of enabling a person to achieve as much as they can for themselves and get the most out of life.

An Occupational Therapist can identify problem areas that a person may have in their everyday lives and will help them to work out practical solutions.

Daily tasks can include:

- Getting on/off bed, chair or toilet
- Walking indoors and outdoors
- Managing steps and stairs
- Getting in and out of the home
- Washing, dressing and bathing
- Domestic tasks
- Leisure and work activities



How an Occupational Therapist can help you.

- An Occupational Therapist will look at the activity you are finding difficult and see if there is another way it can be completed safely. This will be done by breaking it down into small individual steps and then practising them with you.
- Occupational therapy may involve altering an environment to make it suitable for your needs.
- Occupational therapists can also advise about special tools or pieces of equipment you may find helpful
- Your occupational therapist can give you advice regarding referrals onto other services.



Eligibility criteria

You may be eligible for an Occupational Therapy assessment if you are:

- Over 18 years old
- Have a short or long term condition that impacts on your ability to carry out daily tasks.
- Are caring for someone with a disability.

The Occupational Therapist may advise you about how you can meet your own needs and information can be provided about resources that may be available.

Provision of services and equipment is dependent upon local and national eligibility criteria and legislation.

