



What can Occupational Therapy do for me?



Occupational therapists

work with **people** of all ages
to **enable** them to **overcome**
difficulties with everyday living
at **home**. This leaflet **explains**
the ways **we** can **help**.

Understanding your difficulties

To find out the best way to help you, we will carry out an assessment. This looks at what is causing you difficulty and usually involves us visiting you at home. We will ask what you feel are your main areas of strength and difficulty, and discuss ways you think your situation could be improved.

Following your occupational therapy assessment we may:

- **Give you information** about equipment that could help you
- **Advise you how** to do things differently to make things easier for you
- **Put you in contact** with other organisations that can offer support
- **Lend equipment** or arrange adaptations to your home
- **Recommend you** for a disabled facilities grant to your local council
- **Let you know** how you can arrange your own adaptations

Who can receive our occupational therapy services?

If the information taken at assessment identifies significant difficulties with independent living such as the following tasks a referral to the Occupational Therapy Team will be made.

- **Getting in and out of bed**
- **Getting on and off a chair**
- **Using a toilet**
- **Maintaining adequate personal hygiene**
- **Eating and drinking**
- **Preparing food and drink**
- **Dressing and undressing**
- **Getting to your door to answer callers**
- **Access to employment**

In some circumstances you may first receive an assessment from a social worker. If specific areas of difficulty requiring specialist advice are identified such as those detailed above, you will be referred to the Occupational Therapy Team.

Services we are **unable** to provide

There are some things that Essex County Council does not provide. If we can't help we will do our best to put you in contact with organisations that provide things like:

- **Adaptations to overcome crowding, e.g. building extensions to provide additional bedroom space**
- **Repairs or general improvements to your home**
- **Home security, for example outside lights, smoke alarms, door chains etc**
- **Equipment or adaptations for rehabilitation or treatment such as standing frames and wall bars**
- **Household equipment and basic furniture, for example electric can openers, bathmats, footstools, beds or chairs**
- **Walking sticks or wheelchairs**
- **Storage or recharging facilities for outdoor wheelchairs or scooters**
- **Adaptations or equipment for vehicles**

More than one solution

There may be more than one way to solve your difficulty. We will always discuss the options available to you, taking into account your future needs, costs and how effective different solutions might be. We will always try to meet your needs, taking your wishes into account. However it may not be possible to provide you with what you prefer if there is a more cost effective alternative that will meet your needs.

If we cannot meet all your needs or respond to all your requests, we will provide you with information about how you can buy things privately and other ways you can get help.

Help shape our services

We are committed to working with you to continuously improve our services. The Essex Participation and Advisory Group independent network (EPAG) represents people who use our services and their carers and helps us make sure our services are easy to access, co-ordinated, timely and effective.

Why not get involved?

The Essex Participation Advisory Group is always interested to hear from people who feel they could play a positive part in our work. This might involve monitoring or reviewing services. It could also involve planning and developing new services. To find out more please contact our user carer advocacy policy advisor by calling: **07790 222769**

or write to:

User carer advocacy policy advisor

Essex County Council

PO Box 297, County Hall

Chelmsford CM1 1YS

This book is issued by

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You can contact us in the following ways:

By telephone: 0845 603 7360

By textphone: 0845 758 5592

Visit our website: www.essex.gov.uk

Out of hours emergency duty social care:

0845 606 1212

The information contained in this document can be translated, and/or made available in alternative formats, on request.

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