

## What does Our Occupational Therapy Assessment involve?

Our Occupational Therapist will firstly want to look at the practical difficulties you have in order to have a good understanding of your needs. The assessment is often completed in your home or the environment in which you are experiencing those difficulties.

The Occupational Therapy assessment involves our therapist looking at all aspects which are affecting you, this includes your abilities, details about your disability or medical condition, environmental limitations, and what you are hoping to achieve. If you have a carer or personal assistant, their needs will also be considered. The therapist will then discuss with you the options available, and will agree an action plan with you.



## What happens after the assessment?

Our Occupational Therapists will work with you on your action plan. This may involve provision of:

### Advice and information

**Further therapy sessions to practice methods of completing activities, or for rehabilitation**

### Equipment or a home adaptation

Following intervention our Occupational Therapists will want to check that your needs have been fully met.



For more information about our services please contact us:

Telephone: 0845 680 0787  
Email: [enquiries@homeindependence.co.uk](mailto:enquiries@homeindependence.co.uk)  
[www.homeindependence.co.uk](http://www.homeindependence.co.uk)



## Home Independence Services

*Your home.... Your Independence... Our expertise*



# Occupational Therapy

## How can it help you?

## What is Occupational Therapy?

Occupational Therapists work with disabled people of all ages and their carers. They help people to overcome difficulties with daily living activities, to find ways which promote safety, dignity, quality of living, and independence.

An Occupational Therapist is a professional with specialist training in all types of disability, including physical, mental health, and learning difficulties. They are knowledgeable in the use of resources, therapy techniques, aids and equipment, which can effectively enable disabled people to achieve their goals.



## Are you having difficulties with daily activities?

Getting in and out of bed

Washing and dressing

Accessing the garden

Opening jars or cutting food

Using the stairs

Managing steps in and out of your home

Getting on and off the toilet

Getting in and out of the bath

Participating in work and leisure activities

## How can Occupational Therapy help?

Many people experience difficulties with daily activities including personal care, domestic, work, and leisure activities, due to disability or illness.

### Our Occupational Therapists can help with:

**Adapting the home environment**

**Advice and provision of equipment and aids**

**Advice in achieving more independence**

**Rehabilitation programmes**

**Advice and support to carers and personal assistants**

