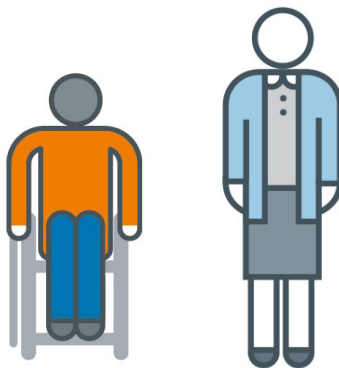
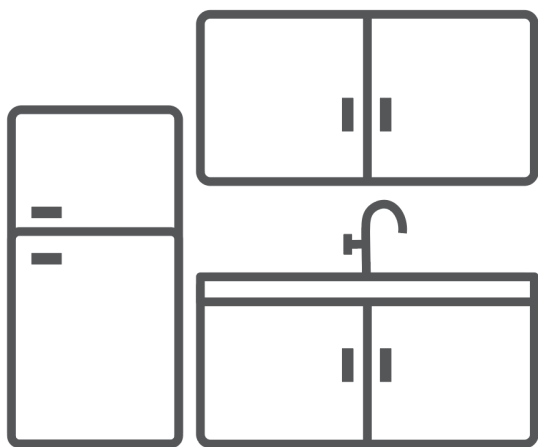


Let's talk about...

- What Occupational Therapy is
- How your needs are assessed
- How your needs are reviewed if they change
- What type of intervention may be recommended
- What equipment might be recommended



A guide to **Occupational Therapy**

Department of Community and
Children's Services

City of London Corporation



Adult Social Care

What is Occupational Therapy?

Occupation refers to the daily activities that we do, such as getting out of bed, washing and getting dressed, making a meal and engaging in social events.

Occupational Therapists work with you, your family and carers using a strengths-based approach (which helps both you and the OT to identify where you already have strengths and support in your life), to assess what is important to you, to help you set some goals. If appropriate you will be provided with equipment to enable you to carry out your daily tasks more independently.

If you need help with everyday tasks

If you feel that your care and support needs mean that you need help with completing everyday tasks then an Occupational Therapy Assessment may be needed.

The goal of Occupational Therapy is to maximise your function and improve your ability to complete everyday tasks.

Our specialist Occupational Therapy service works with you to identify goals you want to work towards, in: Personal care, Meal preparation, Accessing the community, Sensory needs, Personal safety.

Occupational Therapy can assist adults with long-term needs and those recovering from a recent injury or illness.

Do you need reablement?

The Reablement Service is Occupational Therapy lead and provides short term, intensive support to help you regain the skills, confidence and independence you may have lost due to an illness or period in hospital.

You can make a self referral or be referred by health professionals or your family, with your agreement.

Following a period of Reablement, if you require ongoing support, you can be referred to a social worker who can advise on the best way forward.

If you are eligible, the Reablement Team can offer up to six weeks of short-term home care and support, which is free to all.



What types of interventions are provided?

Equipment

We may provide low level equipment to support bathing and toileting or more complex equipment to support your Moving and Handling needs.

Minor Adaptations

We may recommend minor works that cost under £1000, such as grab rails or stair rails, half steps to reduce risk when you access essential facilities.

Major Adaptations

You may be assessed as needing adaptations costing in excess of £1000. OT will support you to identify suitable solutions and, if eligible, you may be able to access Disabled Facility Grant funding for these works.

Assistive Technology

To support your safety at home, Telecare solutions may be recommended. These include items such as monitored falls alerts, heat sensors, door exit alerts.

Rehabilitation

You may require input from Specialist Rehabilitation services such as Physiotherapy or community nursing. We can refer you to our partner services in the community to assess those needs.

Fire Risk

We can assess your fire risk and support referrals to the London Fire Brigade and offer equipment to manage those risks.

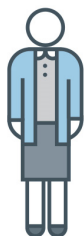
Housing



OT assesses the suitability of your home environment. If adaptations are not feasible, we can provide a Report to support your long term housing needs.

Support for carers

If your family supports your care needs at home, OT may be able to support what they may require to enable them to continue in this support role to you, at reduced risk.



Equipment might help you to:

- enter and leave your home
- wash, bathe and use the toilet
- use living and sleeping areas
- use food preparation and cooking areas
- access an outdoor space
- reduce risks in your home for example: falls and fire

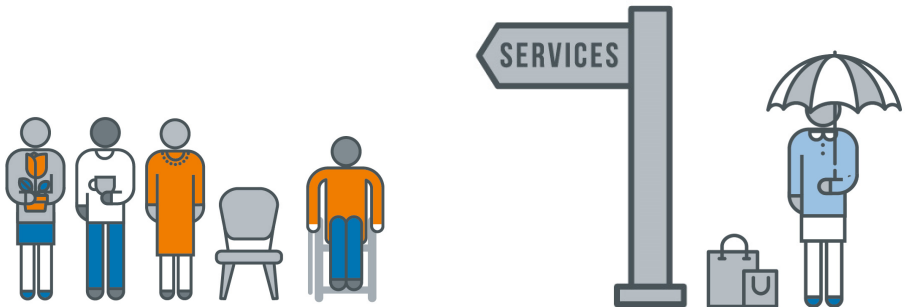
Your views and wishes will be central to all decisions around your care and support.



Occupational Therapy Service and Contacts

The Occupational Therapy Service comprises of Qualified Occupational Therapists and Strengths Based Practitioners. We work closely with our Social Work colleagues in Adult Social Care.

You can contact us by email at adultsduty@cityoflondon.gov.uk or via the contact centre and ask to speak to one of the team.



020 7332 1224 (Monday - Friday, 9am – 5pm)

adultsduty@cityoflondon.gov.uk

Community and Children's Services
Guildhall, North Wing
PO Box 270
London
EC2P 2EJ



Adult Social Care
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