

## How to access Occupational Therapy.

If you live in; **Torquay, Paignton** or **Brixham** area, you can contact the customer services centre on:

**01803 219700**

If you live in; **Newton Abbot, Teignmouth, Dawlish, Totnes, Dartmouth, Bovey Tracey** or **Ashburton** area, you can contact Care Direct on:

**0345 1551 007**

## Is there a charge for Occupational Therapy?

There is no charge for the assessment

## Feedback

Your feedback about our service would be welcome. Please use the contact number above or the online contacts on the back page.

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



[www.torbayandsouthdevon.nhs.uk](http://www.torbayandsouthdevon.nhs.uk)



[www.facebook.com/TorbayandsouthdevonFT](https://www.facebook.com/TorbayandsouthdevonFT)



[@TSDFT\\_NHS](https://twitter.com/TSDFT_NHS)

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

For more information telephone 01803 219700

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Partners in Care

Torbay and South Devon   
NHS Foundation Trust

## Adult Community 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. This could be your home or your workplace
- Occupational therapists can also advise about special tools or pieces of equipment you may find helpful
- Your occupational therapist can give you relevant 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.

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

This can be discussed with your Occupational Therapist.

If you are not eligible, information can be provided about other resources that may be available.

