

Occupational Therapy



Happier | Healthier | Hopeful

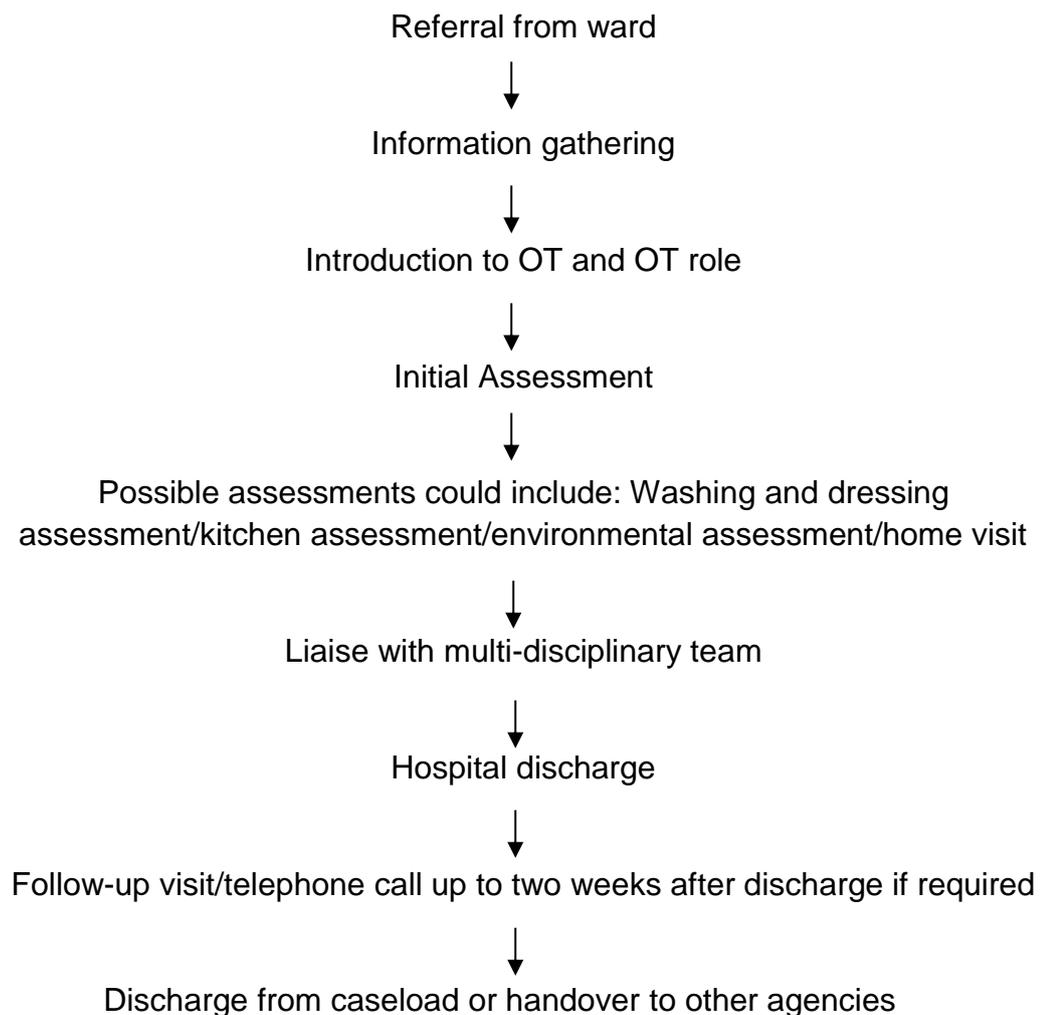
The Role of an Occupational Therapist (also known as an OT):

Occupational Therapy staff help people of all ages who have physical, mental or social problems as a result of an accident, illness or ageing, to do the things they want to do.

These could be daily activities that many of us take for granted - from grocery shopping or brushing your teeth, to more complex activities such as caring for children, succeeding in studies or work, or maintaining a healthy social life.

Most Occupational Therapists wear bottle green trousers, white tunics with green trim. Occupational Therapy Assistants and Technical Instructors wear bottle green trousers and aqua tunics with bottle trim.

The Occupational Therapy Process



What this Occupational Therapy Service provides:

- Joint working with the patient, and the multidisciplinary team to ensure you are discharged from hospital safely.
- Together we will discuss your home environment and how you feel you will manage doing everyday activities, such as making a hot drink or getting washed and dressed, once you are discharged from hospital.
- We may need to carry out some assessments mentioned above, as well as assessments personal to yourself e.g. cognitive assessments.
- We may provide you with equipment to make you safe at home, with the possibility of ongoing rehabilitation if required.

With your consent, you may be referred to other agencies such as Short Term Intervention Team (STINT), Reablement Team, and/or Adult Social Care. Your information will be securely transferred to the new team to enable continuity of your care. This information can be obtained on request through appropriate channels.

If you experience any difficulties after discharge from hospital you may contact your West Cumberland Hospital OT for up to one week.

After one week the West Cumberland Hospital OT will discharge you, any difficulties you may experience after this time should be directed to Adult Social Care on the numbers below:

Allerdale: 01900 706 326

Copeland: 01946 506 354

Right of Refusal

You have the right to decline any Occupational Therapy intervention. This will in no way affect other treatments you are receiving now or in the future.

OT Department
Level 4
West Cumberland Hospital
Whitehaven
Cumbria
CA28 8JG

[Occupational Therapy website pages](#)

This factsheet has been produced by the Occupational Therapy service.

Confidentiality

'The Trust's vision is to keep your information safe in our hands.'

We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the Information Governance Team on 01228 608998 or email Information.Governance@cumbria.nhs.uk

Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team.

Email: PET@cumbria.nhs.uk Tel: 01228 602128 Freephone: 0800 633 5547

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call:

01228 603890

E: communications.helpdesk@cumbria.nhs.uk

Or write to Engagement and Communications
Voreda House | Portland Place | Penrith | CA11 7QQ



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