

Occupational Therapy



Happier | Healthier | Hopeful

The Acorn Centre

The Acorn Centre provides intensive rehabilitation for up to 10 men with complex mental health issues who need extra time in hospital. Rehabilitation can help you to lead a more productive and healthy life and live life to the full. The unit is based at Carleton Clinic in Carlisle.

“Occupational therapy takes a whole-person approach to both mental and physical health and wellbeing, enabling individuals to achieve their full potential” (College of Occupational Therapists, 2016 www.cot.co.uk)

What is Occupational Therapy?

Occupational Therapy is based on the belief that doing an activity which has purpose and meaning promotes health and well-being.

Occupational therapists help you to identify the different things that you need and want to do to live as independently and productively as possible. These activities are called **occupations**.

Value of occupation

Occupation is important for everyone. We all have a need to be active and be able to do things. What we do – the roles and responsibilities we have and the work and leisure pursuits we enjoy – makes us what and who we are. We recognise and understand that everyone’s lifestyle is different and we all choose different ways in which to live.

Occupational therapists know that occupation is essential to health. To maintain good mental health we all need a **balanced lifestyle** of leisure, work and personal care activities:

- **Leisure activities** may include socialising, hobbies such as sports or listening to music;
- **Personal care activities** may include personal hygiene, domestic tasks;
- **Work activities** may include employment, volunteering, studying.

Your occupational therapist at the Acorn Centre will support your rehabilitation by:

- Helping you to plan how you will look after yourself;



- Helping you to identify which roles and responsibilities are important to you in life;
- Helping you to connect to your family, friends and community for support;
- Helping you to plan how you will actively manage your condition and live a physically, mentally and emotionally healthy life;
- Helping you to think about your personal safety and the safety of others;
- Helping you to manage your own money and household bills;
- Supporting you to learn new skills that you will need when you are living independently;
- Helping you with motivation challenges;
- Helping you to identify leisure, work and personal care activities that you want and need to do;
- Helping you to identify your therapy goals and what activities you will do to help you achieve these.

To help identify the ways in which they can support you, your Occupational Therapist will do some assessments, work with you to identify your goals and to develop your action-plan to achieve these, support you to work on the planned actions, and regularly review your progress with you.

The **assessments** are all about getting to know you and what you like to do, your roles and responsibilities. We may observe you doing some everyday activities to help identify your strengths and needs. You can highlight the areas that are important to you and those you feel you have difficulties with.

Therapy **planning** involves planning with you the steps to help make the most of your abilities and achieve your goals.

After implementing your therapy, we regularly **review** your progress with you and adjust your plan as necessary.

Other members of the team at the Acorn Centre will also support you during your rehabilitation – these are doctors, psychologists, registered mental health nurses, healthcare assistants and even the cleaners – we all want you to enjoy your life to the full, as healthily and productively as possible.

The team will also work with your family and friends, health and social care professionals in the wider community, such as housing providers, your Care Co-ordinator, and your local Community Mental Health Team to ensure that your transition to the next stage of your life goes smoothly – this might be moving to supported living accommodation for a period of time, or moving home.

Some of the current residents of Acorn Centre have highlighted what the occupational therapists and the rest of the team have helped them with:

“I feel occupational therapy is alright, it is a good thing. They’ve done some cooking with me, I’ve been out shopping and I’ve been to Argos.”

“They’ve helped me to move to a new flat, and are helping me to feel more confident by talking me through things until I know what I’m doing.”

If you have any questions about Occupational Therapy at the Acorn Centre, please contact us at:

**Acorn Centre
Carleton Clinic
Carlisle
Cumbria
CA1 3SX**

Telephone no. 01228 608070

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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