

Occupational Therapy Services



Helping you stay independent. This leaflet explains the help available from Community Occupational Therapy Services.

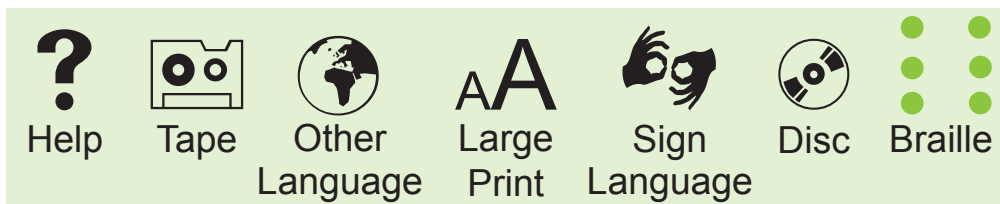


Community Care Services





Help to understand this information



Please ask us if you need help to understand this information or you would like it on audio-tape, in another language, in large print, in sign language, on computer disk or in Braille.

Community Care Services (CCS) Publications

Telephone: 020 8547 6123

Email: ccs.publications@rbk.kingston.gov.uk

What is Occupational Therapy?

Occupational Therapy can help people with a wide range of physical, mental and social difficulties. Whether you are recovering from an illness or adapting to a disability, Occupational Therapy aims to help you be as independent as possible and to improve your quality of life.

Who are the services for?

Occupational Therapy Services are offered to people who have a long term disability which significantly affects their ability to carry out daily living tasks such as washing, dressing, cooking, or using the toilet.

How can an Occupational Therapist help me?

Occupational Therapists can advise on all aspects of your disability and can help in many different ways. They begin by establishing what difficulties you have in carrying out your every day activities. They then try to work out with you ways to overcome or cope with these difficulties.

Examples of such difficulties might be:

- ① Moving over from a wheelchair to a toilet when you have poor balance.
- ① Getting out of a low armchair when you have painful arthritic joints
- ① Preparing a meal when you only have the use of one hand

Occupational Therapists will teach you new ways of managing your daily activities and can recommend or provide equipment on loan to help you with particular tasks. Examples might be adapted cutlery, grab rails and hoists, and kitchen and bathroom equipment.

No charge is made for Occupational Therapy advice, or any equipment provided.

My home is not very suitable for me any more - how can an Occupational Therapist help?

A Community Occupational Therapist can advise on alterations to your home, and can help you apply for a grant if you qualify for one.

Examples of some of the ways they can help include advising on:

- ① Fitting a stair lift if you cannot climb the stairs
- ① Installing a shower if using a bath is impossible for you
- ① Widening doorways to allow your wheelchair to pass through
- ① Building a ground floor extension to your home
- ① Moving to more suitable accommodation

Please ask us for the leaflet “Adapting you Home - Financial Assistance for Disabled People” (please see back page).

My child has a disability - can an Occupational Therapist help?

Yes, Specialist Occupational Therapists will assess the needs of children with physical and or learning disabilities within their home. They will give advice to parents and recommend equipment and adaptations to the home.

How quickly can I see an Occupational Therapist?

This depends on how urgently you need help or advice. Because we try to respond quickly to urgent needs (for example, where people are leaving hospital, have a terminal illness, or are at risk of falls), there will often be a short delay in offering help or advice if your need is less urgent.

Contact us

For Occupational Therapy services to people aged 18 years and over, please contact:

Initial Response Team
Room 211 - 215
Guildhall 1
Kingston upon Thames
KT1 1EU
Telephone: 020 8547 6621
Email: otirt@rbk.kingston.gov.uk

For Occupational Therapy Services to disabled children, please contact:

Integrated Service for Disabled Children
The Moor lane Centre
Moor Lane
Chessington
Surrey KT9 2AA
Telephone: 020 8547 6527
Email: OTIRT@rbk.kingston.gov.uk

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www.kingston.gov.uk/communitycareservices

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