



# Primary Care Occupational Therapy Service

Occupational Therapy Information for patients

**NHS Lanarkshire** - for local services and the latest health news visit [www.nhslanarkshire.org.uk](http://www.nhslanarkshire.org.uk)  
NHS Lanarkshire General Enquiry Line: 0300 30 30 243

**NHS inform** - The national health information service for Scotland. [www.nhsinform.co.uk](http://www.nhsinform.co.uk)  
Tel No: 0800 22 44 88

If you need this information in another language or format, please contact the NHS Lanarkshire General Enquiry Line on 0300 30 30 243 or e-mail [info@lanarkshire.scot.nhs.uk](mailto:info@lanarkshire.scot.nhs.uk)



[www.careopinion.org.uk](http://www.careopinion.org.uk)

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## WHAT IS OCCUPATIONAL THERAPY

Occupational Therapy helps people to manage everyday activities (occupations) that matter to them.

This includes activities

- ❖ at home - dressing, bathing, housework, cooking, hobbies
- ❖ at work – including paid work, volunteering, education and carer roles
- ❖ in the community – driving or using public transport, shopping, socialising, being physically active

## COULD I BENEFIT FROM OCCUPATIONAL THERAPY?

If you have noticed any changes in your ability to carry out everyday activities, the occupational therapy service in your surgery may be able to help you.

You may be experiencing difficulties due to:

- ❖ Anxiety or low mood
- ❖ Frailty
- ❖ Falls or fear of falling
- ❖ Pain or fatigue
- ❖ Stress
- ❖ Work-life balance

## WHAT WILL THE OCCUPATIONAL THERAPY SERVICE OFFER ME?

- ❖ Initial telephone conversation within five working days to make sure Occupational Therapy is the right service for you
- ❖ Time to talk about the difficulties you are experiencing with everyday activities
- ❖ Support to identify your priorities for change and set realistic goals
- ❖ Advice, education and practical support to help you achieve your goals and manage activities that are important to you
- ❖ Signposting or referral to relevant health, social care or community based resources

## HOW DO I ACCESS OCCUPATIONAL THERAPY IN MY GP PRACTICE?

Fill in the form and hand to reception staff in your GP practice. Please make sure that you provide an up-to-date telephone number so the Occupational Therapist can give you a call.

Please note: the Occupational Therapy service can support anyone aged 16 or over who is registered with your practice with the exception of:

- ❖ Young people who are still at school (ask reception about Occupational Therapy Children & Young People Advisory Clinic or speak to your GP about mental wellbeing concerns)
- ❖ People already receiving occupational therapy input from another service

## I WOULD LIKE TO SEE AN OCCUPATIONAL THERAPIST

Name .....

Address .....

.....

.....

Date of Birth .....

Contact number .....

Which activities are you having difficulty with? (tick all that apply to you)

|                                    |                          |
|------------------------------------|--------------------------|
| Caring for myself                  | <input type="checkbox"/> |
| Looking after others               | <input type="checkbox"/> |
| Looking after my home              | <input type="checkbox"/> |
| Using my local community resources | <input type="checkbox"/> |
| Going to work/college/training     | <input type="checkbox"/> |
| Travelling from A to B             | <input type="checkbox"/> |
| Maintaining a good routine         | <input type="checkbox"/> |
| Socialising/Relationships          | <input type="checkbox"/> |
| Doing things I enjoy               | <input type="checkbox"/> |

Sign .....

Date .....