

Confidentiality and the use of patient information

NHS Lanarkshire take care to ensure your personal information is only accessible to authorised people. Our staff have a legal and contractual duty to keep personal health information secure, and confidential. In order to find out more about current data protection legislation and how we process your information, please visit the Data Protection Notice on our website at www.nhslanarkshire.scot.nhs.uk or ask a member of staff for a copy of our Data Protection Notice.

NHS inform - The national health information service for Scotland.
www.nhsinform.scot
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



www.careopinion.org.uk

Pub. date:	July 2022
Review date:	July 2024
Issue No:	03a
Dept:	Occupational Therapy
Clinical Lead:	

PIL.PRIMARY.19_24142.L
22_15305



Primary Care Occupational Therapy Service

Occupational Therapy Information for patients



Design - Medical Illustration, NHS Lanarkshire

The Primary Care Occupational Therapy Service is based within GP surgeries across Bellshill and Hamilton locality areas.

What is Occupational Therapy (OT)?

Occupational Therapists (OTs) help you to manage everyday activities (occupations) that you are finding difficult, for example:

- ❖ at home – dressing and personal care needs, housework, cooking and participating in hobbies and leisure roles
- ❖ at work – support with returning to or maintaining paid work, carer roles, accessing volunteering opportunities and education
- ❖ in the community – using public transport, shopping, socialising or being physically active

These difficulties may be due to changes in your health, such as:

- ◆ Anxiety
- ◆ Falls or fear of falling
- ◆ Pain
- ◆ Low mood
- ◆ Work-life balance
- ◆ Stress
- ◆ Frailty
- ◆ Memory issues
- ◆ Fatigue

How could occupational therapy help me?

- ❖ We will give you time to talk about the difficulties you are experiencing with everyday activities
- ❖ We find out what matters to you and set realistic goals together
- ❖ We offer practical support, education and advice to help you manage your health and be able to do the activities that you need or want to do

How do I access Primary Care Occupational Therapy?

There are two ways you can access your occupational therapist:

1. Fill in the attached form and hand in/send to your GP surgery.
2. Telephone our hub on 01698 755175 and speak to one of our admin staff or leave a message with your contact details.

Please note: The Primary Care Occupational Therapy service can support anyone aged 16 or over who is registered with GP practice in Bellshill and Hamilton with the exception of:

- ❖ Young people who are still at school
- ❖ People already receiving Occupational Therapy input from another service

What should I expect?

- ❖ Once we receive your referral, an occupational therapist will telephone you to find out if Primary Care OT is the right service for you. We may direct you to another service if this would best meet your needs.
- ❖ If we feel occupational therapy could meet your needs, we will arrange a longer appointment to get to know you better and find out what matters to you.
- ❖ We will discuss your health, the difficulties you are experiencing, your routine, roles, interests and goals. We may also use formal assessments to help us plan your treatment programme.
- ❖ Your OT appointments may take place at your GP surgery, over the phone, via a video call or in your own home.

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)

<input type="checkbox"/> Looking after personal care e.g.: getting up, bathing, dressing, eating well, sleep.
<input type="checkbox"/> Looking after my home e.g.: housework, shopping, cooking, paying bills
<input type="checkbox"/> Working, e.g. paid work, volunteering, education
<input type="checkbox"/> Caring for others, eg children, relatives
<input type="checkbox"/> Using my local community, eg shops, gym, cafés, church
<input type="checkbox"/> Travelling from A to B – walking outdoors, driving, using public transport
<input type="checkbox"/> Maintaining a good routine
<input type="checkbox"/> Socialising/Relationships Doing things I enjoy

Sign.....

Date.....