

# Occupational Therapy in GP practices

Information for you



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Use the space below to write notes or any questions you may have for your occupational therapist.

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Your opinions and comments are important to us and can help to further develop and grow our service. Following completion of your OT input please scan the QR code to tell us what you think.



### Contact Us

Your practice occupational therapist is:

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Telephone:

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The Working Together Occupational Therapy Service is based within certain GP practices across Ayrshire and offers short term input of up to six sessions.

## What is occupational therapy (OT)?

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

- 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.

**“The tools and tips that having OT input has given me and the confidence in myself, has been life changing.”**

## How do I access primary care occupational therapy?

Occupational Therapy can be accessed by self-referral at reception or you can discuss a referral with another member of the practice team during your appointment. Please note: The Working Together

Occupational Therapy service can support anyone aged 16 or over who is registered with certain GP practices in Ayrshire. Exceptions include:

- Young people who are still at school
- People already receiving input from a service that can also offer OT
- Those requiring numerous home visits.

## What should I expect?

Once we receive your referral, you may be given an appointment directly by your GP practice or an OT may telephone you to find out if the OT service is the right service for you. We may direct you to another service if this would best meet your needs.

If we do feel Occupational Therapy could meet your needs, we will arrange an appointment of up to one hour 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 or via a video call.