

Occupational Therapy for Older Adults

**Therapist's name and
contact details:**

What is occupational therapy?

Occupational therapy can support you in your recovery from ill health.

It is an approach to care that looks at the activities (also known as 'occupations') you carry out as part of your daily life such as personal care, domestic tasks and leisure pursuits. Following illness and/or a stay in hospital, you may find returning to your usual routines difficult.

An occupational therapist will work with you and identify what you need to live at home as safely and as independently as possible.

Occupational therapists work as part of the team, alongside doctors, nurses, psychologists and social workers. If you would benefit from seeing an occupational therapist, your care coordinator will ask us to see you. If you agree, we will contact you directly and arrange to see you at home.



When we meet you

Occupational therapists normally visit people in their own homes. Or a ward occupational therapist might see you if you are in hospital. It is often helpful to have a close family member or friend present during our first visit.

We will ask you questions about how you are managing at home and whether there are any particular areas you are finding difficult such as washing and dressing, cooking, gardening - all tasks you would normally do. Sometimes, we may observe you carrying out a task, like making a cup of tea. This helps us get a clear idea of how you are managing and whether your difficulty is with your physical skills, or with thinking skills, like your memory. This will also help us decide if there are any new techniques or skills we can share with you to help you remain as independent as possible.

We will also have some questions about your normal daily routine i.e. what you do each day and where you enjoy going out. This helps us find out what interests you have or if you want to join in with other community groups or events.



Working together

If you need to be seen by an occupational therapist, here is what happens:

- your team care co-ordinator asks us to visit you
- we make an appointment with you
- we carry out an assessment to find out how you are managing your daily life, what impacts your functioning, and what you would like to do in the future
- we discuss and agree how we will work together
- we work together for a limited period of time
- we review your progress
- when we have completed our work together, we ask you to fill out a satisfaction survey.



How to access an occupational therapist

Each mental health team and hospital ward has an occupational therapist. If you feel that you could benefit from seeing an occupational therapist, please speak to your team or ward care co-ordinator.

Options available

If you'd like a large print, audio, Braille or a translated version of this leaflet then please ask us.

Useful contact details

SLaM Switchboard: 020 3228 6000
SLaM 24hr Information Line - Advice on how to access SLaM Services: 0800 731 2864
Contact our Patient Advice and Liaison Service (PALS) for help, advice and information:

T: 0800 731 2864
W: www.pals.slam.nhs.uk
E: pals@slam.nhs.uk

Complaints

If you are not happy about something but not sure if you want to make a formal complaint you can speak to a member of staff directly. Alternatively you can contact the PALS Office on freephone 0800 731 2864. If you decide you want to make a formal complaint this can be done by contacting the Complaints Department:

Complaints Department, Maudsley Hospital,
Denmark Hill, London SE5 8AZ

T: (020) 3228 2444/2499
E: complaints@slam.nhs.uk
W: www.slam.nhs.uk

www.tfl.gov.uk/journeyplanner

For the quickest way to plan your journey anywhere in greater London use journey planner:

020 7222 1234 (24hrs)