

Information for patients Occupational Therapy on Sheldon Ward



Occupational Therapy

What is Occupational Therapy?

Occupational Therapy helps people live more productive and enjoyable lives. It's a way of enabling the individual to do desired activities, thereby becoming more independent in their day to day lives. Occupation describes any way in which you spend your time from: personal care (getting dressed, cleaning your teeth, shopping, washing); to productivity (paid or unpaid work, housework, leisure, hobbies and social life).

Your Occupational Therapist is:
Contact number: **01691 404205**

The Role of The Occupational Therapist on Sheldon Ward

Sometimes, due to illness or disability, people have difficulty carrying out everyday activities such as getting about their homes, dressing or making meals. The Occupational Therapist can help by identifying problems, suggesting solutions and providing a safe place to practice.

Personal Care

Washing, dressing, cleaning teeth, combing hair, make up/shaving, drinking and feeding.

Transfer Technique (Definition of transfer, moving from one surface to another)

Whilst undertaking your daily activities your ability to transfer from one surface to another will be assessed e.g.

- On and off your bed
- In and out of the bath
- In and out of the car
- On and off your chair
- On and off the toilet

Domestic Activities

The Occupational Therapy department has a kitchen in which an assortment of domestic tasks can be assessed, such as: Making a hot drink, snacks, main meal.

All of the above tasks will ensure you are safe within your home environment on discharge.

Where can you work with the Occupational Therapist?

The Occupational Therapist can assess and treat you on the ward, in the Occupational Therapy department or in your own home.

The Occupational Therapy department has a kitchen, rehabilitation flat, workshop and computer facilities. These provide opportunities for you to practice activities safely and to discuss what help you may need.

Home Visits

A home visit may be undertaken to assess your needs prior to discharge. If required your Occupational Therapist will take you home to assess if you are able to safely undertake daily living activities within your own home environment. Your immediate and longer term needs will be discussed with you during this assessment. This may include, equipment adaptations and care needs which may be required for you to manage safely when you go home.

The Occupational Therapist may visit you once you have gone home to see how you are getting on and if there is anything else you need.

Community Agencies

Your Occupational Therapist can give you contact numbers and addresses for agencies that can assist you, such as:

Help in the home with cleaning and/or shopping

- Age UK (Assist with cleaning and shopping)
- Red Cross (Loan of wheelchairs and equipment, community alarm)
- Day Care (On occasions can provide outings in the community)
- Wiltshire Farm Food / Oakhurst Handyman Services

Some useful contact numbers are given on the back page of this leaflet.

Consent

Before Occupational Therapy treatment can take place your consent is required. The Occupational Therapist will discuss this with you. If at any time you wish to withdraw from the service you may do so. Please inform the Occupational Therapist of your decision.

Complaints

If you have any complaints about the Occupational Therapy Service please don't hesitate to discuss these with your therapist.

All information shared with your Occupational Therapist will be treated confidentially. If information needs to be shared with others as part of your rehabilitation programme your written consent will be requested.

Occupational Therapy Department contact details:

Robert Jones and Agnes Hunt Orthopaedic Hospital NHS Foundation Trust,
Oswestry, Shropshire, SY10 7AG
Telephone: **01691 404205**

Your named O.T. is:

If you require a special edition of this leaflet

This leaflet is available in large print. Arrangements can also be made on request for it to be explained in your preferred language. Please contact the Patient Advice and Liaison Service (PALS) email: pals@rjah.nhs.uk

Useful Contacts

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| Oswestry Social Services | 01691 677201 |
| Disability Living Centre (DLC) | 01743 210820 |
| Wheelchair Services | 01743 444051 |
| Age Concern | 01743 233788 |
| Oswestry Community Alarm Service | 01691 677367 |
| QUBE | 01691 656882 |
| Dial a ride | 01691 671571 |
| Blue Badge Scheme | 01743 460093 |
| Red Cross Shrewsbury (Wheelchair Hire) | 01743 280070 |

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Hospital Stop Smoking Service

For advice and information on quitting smoking, or for an informal chat, please contact the Hospital Stop Smoking Sister on:

01691 404114

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