

Information for patients

# Occupational Therapy on Sheldon Ward



# Occupational Therapy

## What is Occupational Therapy?

Occupational Therapy aims to help people live fulfilling and independent lives, by enabling them to complete the activities they need or want to do. Sometimes due to illness or disability, people have difficulty completing everyday tasks or activities - what we call 'occupations'. An occupation can be self-care, such as washing, eating or sleeping; productive, such as work, caring or domestic activities; and leisure, such as playing sports, hobbies or socialising.

## The Role of The Occupational Therapist on Sheldon Ward

An Occupational Therapist helps people of all ages to overcome barriers to complete everyday tasks or activities. On Sheldon ward the Occupational Therapists are involved with your rehabilitation, working with you to set goals and provide treatment with the aim to regain your previous level of independence, or as close to this as possible. Alongside this they will be working with you and the rest of the multi-disciplinary team, to review all of your needs and plan your safe discharge from hospital. The Occupational Therapists can assess and treat you on the ward or in the Occupational Therapy flat which is located off the ward.

## Consent

Before Occupational Therapy treatment can take place your consent is required, and will be discussed with you when you first meet your Occupational Therapist. If you wish to withdraw from having Occupational Therapy input you may do so; please inform your Occupational Therapist of this.

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.

**Below are a few examples of activities the Occupational Therapists may be assessing:**

## Personal Care

Looking at your ability to complete the following personal care activities such as: getting washed and dressed, brushing teeth, combing hair, shaving, drinking and feeding.

## Transfer Technique

Assessing your ability to move from one surface to another e.g.

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

## Domestic activities

Looking at your ability to make a hot drink or prepare a meal.

## Visits

An access visit or home visit may be undertaken to assess your needs prior to discharge.

## Access visit

This is an environmental assessment of your home which may involve getting furniture heights, measuring steps, assessing for falls risks and looking at space for potential equipment needed for home. Understanding your home environment will enable the therapy team to set meaningful goals with you, and start to consider what you may need to facilitate your discharge home.

## Home visit

If required your Occupational Therapist may complete a home visit with you to assess if you are able to safely undertake daily activities within your home environment. This may include looking at transfers, completing any steps, using a new mobility aid around the home and making a hot drink.

## Community Agencies

The therapy team may refer you for further Occupational Therapy or Physiotherapy input on discharge. Any recommended referrals from the therapy team will be discussed with you at point of discharge.

Your Occupational Therapist can give you contact numbers for agencies that may be able to assist you when you return home, please note there is often a charge with these services. Below are some of the agencies that you may find beneficial:

- Age UK – Assist with cleaning and shopping
- Red cross – Loan of wheelchairs, equipment, pendant alarms
- Day Care – On occasions can provide outings in the community

## Complaints

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

### 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: [rjah.pals.office@nhs.net](mailto:rjah.pals.office@nhs.net)

## Feedback

Tell us what you think of our patient information leaflet.  
Please send your comments to the Patient Advice and Liaison Service (PALS) email: [rjah.pals.office@nhs.net](mailto:rjah.pals.office@nhs.net)

## Useful Contacts

First point of contact (Shropshire)	0345 6789044
Blue Badge Scheme	0345 6789014
Independent Living Centre	01743 250820
Shropshire Wheelchair and Posture Services	01743 444051
Age Concern	01743 233123
Age UK	01691 679665
QUBE	01691 656882
Dial a ride	01691 671571
Red Cross Shrewsbury (Wheelchair Hire)	01743 457829
Wiltshire Farm Foods	0800 0773100
Medequip (Collection of any unwanted/unused equipment)	0333 0917769

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