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## Occupational Therapy Services

# Brain injury outreach

### Introduction

The aim of occupational therapy (OT) is to help you to be as independent and safe as possible. Your occupational therapist will initially visit you at home to discuss any difficulties you may have following your brain injury. They will then agree a treatment plan with you.

Your treatment plan might include:

- Using strategies to overcome cognitive difficulties such as memory or problem-solving skills
- Adjusting to a new lifestyle
- Returning to your previous activities
- Increasing your confidence and self-esteem

Please think about what you would like our help with before you see your occupational therapist for the first time.

Your occupational therapist is always willing to discuss your progress with you and/or your family.

Occupational therapist \_\_\_\_\_

Occupational therapy assistant \_\_\_\_\_

Contact telephone number:  
(01223)216881 or (01223)216247.

### Your Rights

You are entitled to withdraw your consent for treatment at any time without this jeopardising any future care.

You are entitled to a second opinion after agreement with your occupational therapist.

Addenbrooke's Hospital has procedures whereby you may arrange to have access to your medical records.

All information about patient is confidential, and where appropriate, is covered by the Data Protection Act.

Information you provide may be shared with partner agencies in accordance with the Data Protection Act.

Addenbrooke's Hospital is a major teaching hospital. You may be assessed or treated by an occupational therapy student, but you have the right to request not to be seen by a student.

Occupational therapy services are located on level one of the out-patients department.



We are currently working towards a smoke-free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS Stop Smoking helpline on 0800 169 0 169

## Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or

[patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)



## Document history

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