

# Occupational Therapy

## Occupational Therapy Services

### What is occupational therapy?

Occupational therapy aims to help people to carry out the activities that they need to and want to do. Activities can include personal care, domestic tasks, leisure or work.

### Why might I need occupational therapy whilst I'm in hospital?

Sometimes following an illness, injury or operation people can find that they are unable or having difficulty carrying out their daily activities. In these circumstances they may benefit from having rehabilitation and/or being provided with assistive equipment to enable them to carry out their daily activities more easily.

### What will the hospital occupational therapist do?

The occupational therapist will carry out an assessment with you to find out what activities you normally do; what activities you are currently having difficulty with; and to identify why you are experiencing difficulties. Your occupational therapist will then agree treatment goals with you and a plan to achieve these.

### What can the hospital occupational therapist not do?

Hospital occupational therapists cannot arrange for major adaptations to your home such as stair lifts – this service is provided by community occupational therapists who are usually employed by your local council.

The occupational therapist cannot arrange packages of care – this is arranged by the Discharge Planning Team and/or a care manager or social worker.

Your Occupational Therapist is .....

Contact telephone number .....

### Your Rights

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.

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.

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.

Other useful contact names and telephone numbers:

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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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