



# What is Occupational Therapy?



Occupational Therapy helps people carry out the everyday activities that are important to them. Some activities in everyday life we **NEED** to do, some we **WANT** to do and some we are **EXPECTED** to do.

This includes getting dressed, bathing, cooking a meal, shopping, hobbies, working, volunteering, going to school or college, caring for family and pets, socialising, getting out and about, driving, using public transport.....the list is endless! And the list is unique to everyone of us.

At some times in our lives these activities may become more difficult to do, perhaps because of a physical illness, condition or injury, or because of feeling anxious, low in mood, low energy levels, low confidence or just not feeling motivated.

Activities we **NEED** to do or are **EXPECTED** to do, may take longer to complete and require more effort, leaving no time or energy for the things we **WANT** to do, which can negatively affect our health and wellbeing. This is when Occupational Therapy may be able to help.

## The Primary Care Occupational Therapy Service will offer:

- an initial telephone conversation to make sure Occupational Therapy is the right service for you
- time to talk about the difficulties you are having with your everyday activities
- support to identify your priorities and set goals
- advice, education, practical support and feedback to help you in achieving your goals and manage the activities that are important to you
- to work with you to enable you to build strategies and develop ways to help you maintain your abilities and involvement in everyday activities
- information, signposting or referral to other services or community resources that may be appropriate for you.

This Occupational Therapy service is available in Broadbay Medical Practice and Langabhat Medical Practice to provide support for adults who are registered with these practices.

**If you think the service may benefit you, please discuss this with any of the GP Practice staff and they will refer you.**

Tell us your experience of our Primary Care Occupational Therapy Service

## **Your views matter**

Your story matters and could help bring about positive change to meet the needs of our patients and their families.

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