



Health and Work Self-Referral

“Why is the right work good for my health?”

“I am already working but my health/disability is making it difficult for me to continue.”

“I want to get a job but my health/disability gets in the way.”

“I am unemployed but I want to work.”

“What other information or advice is available to me?”

Primary Care Occupational Therapists (PCOT) are based in GP practices across the Western Isles. They work with people to understand how their health affects everyday activities, including work, hobbies, responsibilities at home, and looking after themselves.

They can talk through the challenges you are facing, offer practical guidance and help you identify adjustments or supports that may make work more manageable. If needed, they can also help you communicate this information to your employer, so you can plan a safe and sustainable return to work.

If you would like to speak with a local Occupational Therapist, please contact us at the details below. A member of the PCOT team will respond within three working days, after your initial contact for referral is made.

Tel: 01851 448525

Email: wi.pcot@nhs.scot



To find more information about the PCOT service, open the QR code opposite or view our Primary Care Occupational Therapy factsheet at: www.wihb.scot.nhs.uk/our-services/occupational-therapy-and-community-equipment

Disclaimer

The content of this factsheet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.