

What is occupational therapy?

Occupational therapy is a treatment and a profession. Occupational therapists are interested in how people live their lives. They help people to become as able as possible wherever they live, and whatever health issues they may have. Occupational therapists use 'doing' as the therapy. They think with you about all areas of your life; any activities that you do or would like to do that are important to you, lifelong learning, leisure, family, friends, and work.

An occupational therapist will discuss with you how your day goes, from first thing in the morning until last thing at night, as well as how you sleep. Then you can come up with a list of things you want to improve, and work out together how this will happen, using activities that you are interested in.

We know that people are 'doing' beings and their health is linked to how well they feel they can 'do'. Occupational therapists really focus on the whole person.

What could an occupational therapist help me with?

- Finding new interests or get back to doing the ones that are important to you
- Developing skills such as coping with problems, getting along with others, looking after yourself, managing your money,
- Getting yourself to your leisure activities
- Connecting with your local community
- Doing everyday things such as keeping clean, eating, sleeping, cooking, cleaning, shopping, getting dressed
- They may use equipment that helps you to be more independent (or link you with the best person to do this with you)
- And many more things that they will discuss with you and your family (with your consent)

How will we decide what to work on?

Your occupational therapist will talk with you and you will decide what to work on together. They will change the way they do this when they need to. This is to make sure you understand each other.

**Call 0191 386 3856 or email
wellbeing@ageukcountydurham.org.uk for more information**