



**Northumbria Healthcare**  
NHS Foundation Trust

# Occupational Therapy

Issued by Mental Health Services for Older People



## **Introduction**

You have been referred to Occupational Therapy in Mental Health Service for Older People in North Tyneside. You will usually be referred by your keyworker (Consultant Psychiatrist, Community Psychiatric Nurse or Social Worker). You may also be referred by the ward staff if you are in hospital, or by the Memory Clinic.

## **What is Occupational Therapy?**

Occupational Therapists (OTs) work with people to assess how they are managing their daily activities. As a result of ageing, physical or mental illness people can be prevented from doing the activities they value. Occupational Therapists can help promote independence in daily routines or tasks, which are essential to everyday living.

## **How can you identify us?**

All members of staff carry photographic identification. Dependent on the location, Occupational Therapists working in this service may wear a uniform (green trousers and white tunic).

## **What can you expect from the Occupational Therapy Service?**

You may be referred to us while you are in the Mental Health Services for Older People. You may have talked about difficulties you are experiencing with activities, or your family/ carer may have noticed these difficulties.

We will carry out an assessment to identify your abilities and strengths and find out where you may need more support. This involves your views and can sometimes involve your family or carer.

## What can we help with?

Occupational Therapists believe that involvement in activity promotes wellbeing. Everyday activities can include tasks such as preparing a meal, managing the stairs, getting dressed, having a bath or taking part in leisure activities.

We will work with you to assess your abilities and skills. We may also be able to advise you on how to overcome problems you may be experiencing, or offer suggestions to help you approach activities in a different way.

The Occupational Therapy Team can provide assessments in your home, and in hospital. If you are staying on a hospital ward you may be invited to take part in a home assessment visit.

If appropriate it may be beneficial for an Occupational Therapist to assess you in a group setting or to recommend a group activity that you can access in the community.

## What if I am not satisfied?

If at any time you have concerns or queries please speak to your Occupational Therapist. If you feel that your concerns have still not been addressed please contact in the first instance:

Head Occupational Therapist  
Telephone: 0191 293 4048

## How to contact us

**Your Occupational Therapist .....**

**Contact telephone number: 0191 293 4048**

You can contact us Monday to Friday 8:30am to 5pm.

## **Alternative Formats**

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

## **Other sources of information**

### **NHS 111**

### **NHS Choices**

[www.nhs.uk/pages/homepage.aspx](http://www.nhs.uk/pages/homepage.aspx)

### **NICE (National Institute for Health and Clinical Excellence)**

[www.nice.org.uk](http://www.nice.org.uk)

### **Patient Advice and Liaison Service (PALS)**

Freephone: **0800 032 0202**

Text: 01670 511098

Email: [northoftynepals@nhct.nhs.uk](mailto:northoftynepals@nhct.nhs.uk)

### **Northumbria Healthcare NHS Foundation Trust**

General Enquiries **03 44 811 8111**

[www.northumbria.nhs.uk](http://www.northumbria.nhs.uk)

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