



**Northumbria Healthcare**  
NHS Foundation Trust

# Occupational Therapy

Issued by the Occupational Therapy Department

building a caring future

HOSPITAL | COMMUNITY | HOME

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

## What is occupational therapy?

During your stay in hospital you may be referred to occupational therapy. Occupational therapists (also referred to as OTs) are skilled health and social care professionals who form part of the multidisciplinary team working with you. Occupational therapists can help promote your independence in daily routines or tasks, which are essential to everyday living.

## How can you identify us?

Occupational therapists wear a white tunic with a dark green trim and dark green trousers.

## What can you expect from the occupational therapy service?

If you are having problems with your daily activities you can request a referral to occupational therapy from any of the staff on your ward. An occupational therapist will meet with you on the ward and discuss your concerns in depth. From this information we will agree treatment goals with you and arrange assessments.

## What can we help with?

Our aim is to promote independence in activities of daily living. We can offer assessment/treatment and encouragement to help you be as independent as possible. This includes:

- Washing and dressing
- Bathing
- Meal preparation
- Transfers (for example on/off the bed, in/out the bath)
- Home adaptations
- Providing assistive equipment

As part of our assessment process it may be necessary to visit your home or complete assessments. This will always be discussed with you prior to being completed.

If you have any concerns around your independent living, please discuss these with your occupational therapist.

## How to contact us

If you are an inpatient in one of our hospitals you can contact the occupational therapy department on one of the following numbers:

<b>The Northumbria, Cramlington</b>	<b>0191 6072124</b>
<b>North Tyneside Hospital</b>	<b>0191 2932731</b>
<b>Wansbeck General Hospital</b>	<b>01670 564020</b>
<b>Alnwick Infirmary</b>	<b>01665 626782</b>
<b>Berwick Hospital</b>	<b>01289 356617</b>
<b>Hexham General Hospital</b>	<b>01434 655038</b>
<b>Blyth Community Hospital</b>	<b>01670 396432</b>

You can contact us at all sites from Monday to Friday between 8:30am and 4.30pm. On weekends you can also contact the Northumbria, Wansbeck & North Tyneside hospitals during these hours.

## What if I need help when I get home?

If you require further assessment once you are home you can contact us to request a free assessment. Cases are prioritized depending on identified need.

If you live in:

**North Tyneside telephone: 0191 6432777**

Monday to Thursday 8.30am to 5pm

Friday 8.30am to 4.30pm

[www.northtyneside.gov.uk/mycare](http://www.northtyneside.gov.uk/mycare)

**Northumberland telephone: 01670 536400**

Monday to Thursday 8.30am to 5pm

Friday 8.30am to 4.30pm

[www.northumberland.gov.uk](http://www.northumberland.gov.uk) and click on Health & Social Care

## 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: 07815 500015

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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