


How can an Occupational Therapist help?



Arthritis symptoms disrupting daily activities?

Advise on self management techniques such as: modifying activities and tools to make things easier, less tiring and painful.




Want to know about how to look after your joints?

- ◆ One to one advice and practice
- ◆ Small group programmes, exchange of ideas, practical tips
- ◆ Hand exercise
- ◆ Hand and wrist splints




Problems at work?

- ◆ Modify work equipment and environment
- ◆ Altering work posture and movement postures
- ◆ Flexible work, list lighter duties
- ◆ Where to get further help/financial support




Difficulty keeping up with children/ grandchildren?

- ◆ Problem solving and practical advice
- ◆ Choosing equipment eg buggies, bottles
- ◆ Advice on safe lifting and moving




Feeling low, anxious or difficulty with relationships?

- ◆ Counselling
- ◆ Relaxation technique
- ◆ Advice regarding sexual health



Help to keep you moving

- ◆ Driving adaptations
- ◆ Home adaptations
- ◆ Wheelchairs and stairlifts etc



Considering having surgery?

- ◆ Pre-operative advice and assistive equipment provision
- ◆ Post-operative education and home assessment