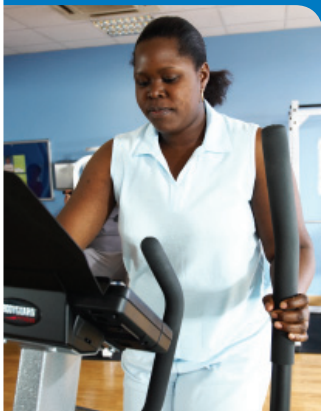


Occupational Therapy (OT)



Patient information leaflet

For more information please contact:
Occupational Therapy Team
Bradgate Unit
Glenfield Hospital
Groby Road
Leicester LE3 9DZ
Telephone: 0116 225 2691

Occupational Therapy (OT)

Evidence shows that keeping active whilst in hospital helps recovery, which is why the Occupational Therapy Service welcomes you to get involved in the treatment groups and one to one (1:1) activities they offer.

Occupational Therapists (OTs) can work with you to help you to recognise your strengths and how your mental health affects the things that you need to do and the things you want to do. They will work with you to help you set achievable goals that can aid your recovery.

Occupational Therapy can help you to:

- Socialise and feel more comfortable around others
- Increase your self esteem and self confidence
- Take charge of your recovery
- Maintain and develop your everyday skills
- Provide structure and routine to the day
- Increase your motivation
- Explore opportunities in the community, such as employment, education, volunteering and leisure
- Express yourself creatively
- Look after your physical health.

What do we mean by occupation?

Occupation includes everything that you want to and need to do in order to have quality of life:

- Self care - looking after yourself
- Leisure - enjoying yourself
- Productivity - for example, education, employment and housework

Having a balance of these activities can help promote health and wellbeing.

1:1 support and group sessions are available to you whilst you are an inpatient. These may take place on the ward or elsewhere within the Bradgate Unit or in the community. They may include activities which focus on:

- Self-care - for example, pampering, relaxation and healthy living, physical exercise
- Leisure - for example, art and pottery, photography, gardening
- Productivity - for example, breakfast, lunch clubs and community groups

Your Occupational Therapist will:

Work with you to develop a Care Delivery Plan to help you address the needs that you have identified.

This could involve working 1:1 with staff or attending groups run by the team.

The Occupational Therapy Team

The following staff will work with you to help you achieve your Care Delivery Plan:

- Occupational Therapist (OT)
- Therapeutic Liaison Workers (TLW)
- Gym Instructor
- Technical Instructor
- OT Assistant

The programme of activities available will be displayed on your ward. Ask your named nurse about us.

**If you need this information in another language
or format please telephone 0116 295 0994 or
email: Patient.Information@leicspart.nhs.uk**

Arabic

إذا كنت في حاجة إلى قراءة هذه المعلومات بلغة أخرى أو بتنسيق مختلف، يرجى الاتصال بهاتف رقم 0116 295 0994 أو إرسال بريد إلكتروني إلى: Patient.Information@leicspart.nhs.uk

Bengali

যদি এই তথ্য অন্য কোন ভাষায় বা ফরমেটে আপনার দরকার হয় তাহলে দয়া করে 0116 295 0994 নম্বরে ফোন করুন বা Patient.Information@leicspart.nhs.uk ঠিকানায় ই-মেইল করুন।

Traditional Chinese

如果您需要將本資訊翻譯為其他語言或用其他格式顯示，請致電 0116 295 0994 或發電子郵件至：Patient.Information@leicspart.nhs.uk

Gujarati

જો તમારે આ માહિતી અન્ય ભાષા અથવા ફોર્મેટમાં જોઈતી હોય તો 0116 295 0994 પર ટેલિફોન કરો અથવા Patient.Information@leicspart.nhs.uk પર ઇમેઇલ કરો.

Hindi

अगर आप यह जानकारी किसी अन्य भाषा या प्रारूप में चाहते हैं तो कृपया 0116 295 0994 पर हमें फोन करें या Patient.Information@leicspart.nhs.uk पर हमें ईमेल करें

Polish

Jeżeli są Państwo zainteresowani otrzymaniem niniejszych informacji w innym języku lub formie, prosimy skontaktować się z nami telefonicznie pod numerem 0116 295 0994 lub za pośrednictwem poczty elektronicznej na adres: Patient.Information@leicspart.nhs.uk

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਫਾਰਮੈਟ ਵਿਚ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ 0116 295 0994 ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ ਜਾਂ ਇੱਥੇ ਈਮੇਲ ਕਰੋ: Patient.Information@leicspart.nhs.uk

Somali

Haddii aad rabto in aad warbixintan ku hesho luqad ama nuskhad kale fadlan soo wac lambarka 0116 295 0994 ama email u dir: Patient.Information@leicspart.nhs.uk

Urdu

اگر آپ کو یہ معلومات کسی اور زبان یا صورت میں درکار ہوں تو براہ کرم اس ٹیلی فون نمبر 0116 295 0994 یا ای میل پر رابطہ کریں Patient.Information@leicspart.nhs.uk