

Community Learning Disability Occupational Therapy (OT)



Some people will need someone to help them to go through this information so that they understand it. This person may be a member of staff, someone from your family or a friend.

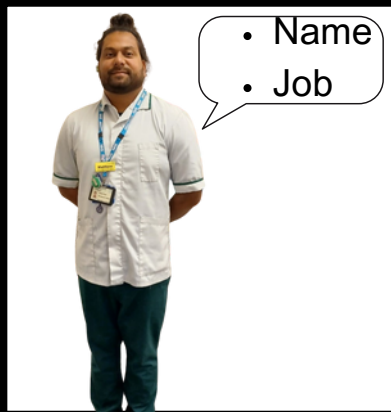


The community learning disability Occupational Therapy (OT) team will work with you to help you take part in activities that are important to you.

These might be activities that you need to do or that you enjoy.



We will help you to be as independent and healthy as you can be, within your everyday activities.



- Name
- Job

When we meet you we will say:

- What our name is
- What our job is

To find out how best to help you, we will come and spend time with you to see:



What activities you do in your day.



How you look after yourself, such as:

- getting washed or dressed
- eating meals.



How you move about your home, such as getting on and off the:

- chair
- bed
- toilet.



Activities in your home such as:

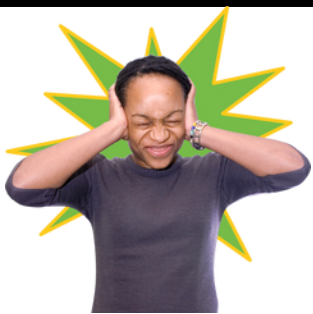
- how you make drinks and snacks
- cleaning your home.



Skills you need for activities in the community.



Fun activities.



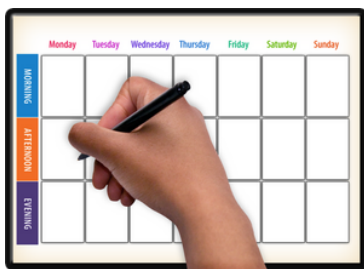
We may work with you if your senses stop you from doing important activities.

Senses include hearing, touch, movement, taste and sight.



Keeping yourself healthy and managing your feelings.

We may help you do the activities that you want to do by:



Helping you to plan your day or your week.



Helping you to learn new skills and new ways of doing activities.



Looking at the equipment you may need to help you with your activities.



Helping the people who support you like your family or carers.

Working with you



We will work with other people to support you.
This could include your:

- doctor
- hospital
- social worker
- carer
- family/friends

A sample form titled 'Learning Disability Service Health Care Plan' from NHS Leicestershire Partnership. It includes a header with the NHS logo and contact information. The form contains a section for patient details: 'What help do you need from the learning disability service?', 'Name: John Smith', 'Date of Birth: 09/02/1982', and 'NHS Number: 12345678'. Below this, it says 'This information has been discussed with: Sarah Smith'. The form is divided into three sections with icons: 'Community Nurses will help you to:' (with a nurse icon), 'Occupational Therapists (OT) will:' (with a person icon), and 'Physiotherapists will:' (with a person icon). Each section lists specific services they provide.

We will write a care plan together about how to support you.

You can decide who helps to write your care plan.

We will make sure you get a copy of this.



If you are already working with the OT, you can contact them by calling 0116 295 4545.

If you are waiting to work with an OT and you have a question, you can contact the Access Team:

LD Access Team

Tel: 0116 295 4528

Email: lpt.ldaccess@nhs.net