



Do you want to get
the most from life?





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Think about the fun things in life – meeting friends, going to the pub, playing football. They're great. So when we can't do them – it's a drag. Now think of the everyday things – getting out of bed in the morning, getting washed, preparing meals, going to work or school. When we struggle with these things, that's far worse. That's a major problem. And that's where occupational therapy comes in. Occupational therapists can help – not just so that we can cope with the basic necessities – but so that we can get the most from life.

How an occupational therapist can help

Occupational therapists help people of all ages to identify their daily needs and aspirations, and provide advice about preventing injuries, illnesses or disabilities, or advise on how to cope with them.

An occupational therapist will assess your situation and find practical solutions to help you lead a more fulfilling life. For example, an occupational therapist can:

-  Provide help and training in daily activities, such as bathing, dressing, eating and gardening.
-  Offer advice on adapting your home or workplace to meet your needs.
-  Assess and recommend equipment, such as mobility aids, wheelchairs and artificial limbs and, if needed, advise on special devices to help around the home, school or workplace.
-  Help children with disabilities to build their confidence, enabling them to take part in school activities.





I want to...live at home...play football...return to work...do the garden

How occupational therapists are making a difference

The following case studies are just a few examples of how occupational therapists can help people to find solutions when daily activities become difficult...



John's life is back on track

John was depressed and unemployed until Angela, an occupational therapist, helped him get his life back on track. Angela helped John to deal with his negative thoughts and lack of confidence by encouraging him to attend woodwork classes, where he learned new skills. John now runs his own furniture restoration company.



Olivia remains in fashion

Olivia is 25 years old and has rheumatoid arthritis. She found it hard to keep her own hair in style due to restricted movement so she really appreciated her occupational therapist, who gave her a hinged comb with an extra long handle. Olivia now styles her own hair and feels far more confident when she sees her friends.



...go to the pub...cook a meal...play tennis...drive my car...take



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ening...walk my dog...take the bus...play the guitar...dress myself...

Geeta attends her local school

Geeta is 9 years old and has cerebral palsy. She couldn't go to her local school because it wasn't wheelchair-friendly. An occupational therapist recommended minor changes to the school building and now Geeta goes to school.

Ted carries on gardening

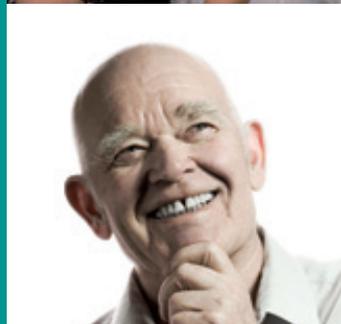
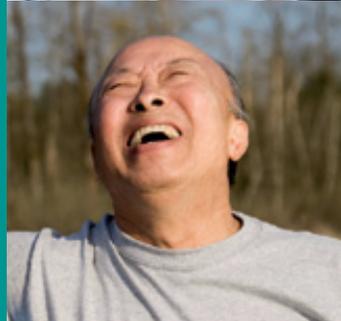
Ted is passionate about gardening, but a stroke left him with reduced mobility on the left side of his body. An occupational therapist identified various tasks around the garden that Ted could manage, and supplied some specially-adapted gardening tools. Ted is now able to enjoy his garden in full bloom.

Jane remains independent

Jane, an 84-year-old who lives alone, was finding her daily tasks difficult to manage. An occupational therapist visited Jane and recommended some simple aids, including a trolley that doubles as a walking frame. Now Jane can care for herself and is able to remain in her own home.

e a shower...read a magazine...take a walk...bathe my baby...

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How to contact an occupational therapist

-  Ask your GP, nurse or other health or social care professionals for a referral.
-  Contact your local primary care trust, social services department or health service provider*.
-  See an independent occupational therapist privately. For more details, visit www.occupationaltherapistip.co.uk/directory/index.htm
-  If you are employed, talk to your personnel department to see if your organisation can refer you to an occupational therapist.

To find an occupational therapist in your area, visit:

www.COT.org.uk

or telephone: **0800 389 4873**

* Social work departments in Scotland, Department of Health, Social Services and Public Safety in Northern Ireland



Occupational therapy



*For leisure, learning, living or working
Occupational Therapy
Helping people to live life their way*



The College of Occupational Therapists
The professional body for occupational therapy
106-114 Borough High Street, London SE1 1LB
Tel: 020 7357 6480 www.cot.org.uk

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