

# Occupational therapy in the hospital setting

## Patient information sheet

### What is occupational therapy?

Occupational therapy facilitates and promotes independence, health and wellbeing to people of all ages.

Occupational therapists strongly believe that engagement to meaningful and everyday activities are essential to the maintenance of our health and wellbeing.

The occupational therapy service offers advice, education, and direct hands-on therapy to maximise an individual's potential to return to their daily activities.

Occupational therapy will also assist in providing therapeutic activities to facilitate your physical recovery and to maintain your emotional wellbeing.

Our purpose is to provide an occupational therapy service which is responsive to the individual needs of our patients and their families.

### Who is eligible?

Patients admitted to Royal Papworth Hospital who, through illness, disability or following surgery, are experiencing difficulties carrying out meaningful daily activities, for example:

- Personal care tasks.
- Home management tasks like meal preparation.
- Vocational, leisure and hobbies engagement and participation.

If you have been experiencing difficulties or have concerns with your ability to engage in your meaningful everyday activities, please speak to your named nurse or doctor about a referral to occupational therapy.

If you are not in hospital and feel you would benefit from a community occupational therapy assessment, please contact your GP or local council for more information.

We will collect information which is relevant to your therapy. This information may be shared with your consent with other services to assist with your transition from hospital to home.

### What will happen?

We aim to promote your independence and safety and we will do this by:

- Skilled assessment of your prior and current functional abilities.
- Advising on techniques to overcome difficulties with everyday activities, e.g. washing and dressing, bathing, transfers, energy conservation.
- Advising or providing essential equipment to aid your independence and safety on discharge.
- Referral to access local rehabilitation and community services.
- Advising on making your home safer.
- Providing information about local resources for continued support.

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Large print copies and alternative language versions of this leaflet can be made available on request.

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Occupational therapists can carry out several assessments to identify and recommend the help and support you may benefit from on your discharge from hospital.

## How to contact us

The service is available Monday to Friday,  
08:00 - 16:00  
Telephone: **01223 638408**  
Email: [papworth.occupational.therapy@nhs.net](mailto:papworth.occupational.therapy@nhs.net)

If you have any questions about occupational therapy while you are in hospital, please ask to see an occupational therapist who will be happy to answer your questions.

## How information about you is used

We will collect information which is relevant to your therapy. This information may be shared with your consent with other services to assist with your transition from hospital to home.

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