

Where we work

- **In-patients**
Liddington and Hodson wards at the Victoria Centre
- **Community**
People living in their own home or in residential care
- **Forget-Me-Not-Centre**
Service for younger people with dementia
- **Think Again Group**
at the Victoria Centre for people in the early stages of dementia.

How do you get referred?

Your GP can refer you to Later Life Services at the Victoria Centre and your Key Worker can then refer you for occupational therapy.



Contact us

Occupational Therapy Team

Victoria Centre
53 Downs Way
Swindon
SN3 6BW

Tel: **01793 327800/327945**

For information on Trust Services, visit
www.awp.nhs.uk

PALS

To make a comment, raise a concern or make a complaint, please contact the Trust's Patient Advice and Liaison Service (PALS)

Tel: 01225 362900

Free phone: 0800 073 1778

Email: awp.pals@nhs.net

Other formats and languages

If you need this information in other formats (such as large print, Braille) or in another language, please call the PALS number.

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Avon and Wiltshire
Mental Health Partnership
NHS Trust

Occupational Therapy Later Life Services Swindon



Information for service users

you matter, we care

What is occupational therapy?

When occupational therapists use the word 'occupation', they mean all the things people do, that they need to do or choose to do, such as:

- personal care (washing, bathing)
- caring for others
- looking after the home
- cooking, shopping
- leisure pursuits and hobbies
- social activities
- work
- education.

Being able to do these things can improve your health and wellbeing, build your confidence, allow you to make the most of your abilities, help you get involved in your local community and connect with other people.

Sometimes people struggle with occupations because of health problems.

Occupational therapists can help you overcome some of the difficulties you face.

How occupational therapy can help you

If you are finding it hard or cannot do the things that are important to you because of a mental or physical health difficulty, occupational therapy may help you:

- build confidence and self-esteem
- develop coping skills
- strengthen personal relationships
- find new interests/learn new skills
- be more independent
- increase your social activity
- fulfil responsibilities
- adapt to the changes
- help you get back on track.

Occupational therapy can't be done **to** you, only **with** you. The therapist can help you achieve your own goals, making the most of your personal strengths and resources.



What does it involve?

You and your therapist will make a plan together, based on what you wish to achieve.

Occupational therapy may involve the therapist working with you in various ways, such as:

- practising everyday activities
- exploring new ways of doing the things you choose to do
- trying out equipment
- finding local support/activity groups
- getting useful information
- discovering new activities
- trying out different ways to cope.

Your Occupational Therapist is: