



Following this appointment, the occupational therapist will discuss options with you to help you overcome any problems. Once you and the occupational therapist have agreed a plan, any equipment and/or adaptations will be ordered and you will be informed when they will be delivered and/or installed.

The occupational therapist may visit you again once the equipment and/or adaptations have been delivered to make sure they are meeting your needs.

The occupational therapist will agree how often they will contact you and provide you with contact telephone numbers should you need to request changes to be made.

The specialist palliative care occupational therapy team support student occupational therapists during their training. We will always ask your permission if it's okay for the student to be involved in your care.

For general enquiries you can contact:

Specialist Palliative Care Occupational Therapy team
 St Benedict's Hospice
 St Benedict's Way
 Ryhope
 Sunderland
 SR2 0NY

Phone number:
 Main Reception: 0191 512 8400
 Direct line, Tel: 0191 5128438

Website: www.stbenedicts.co.uk

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This information was correct at the time of publication. While the Trust makes every reasonable effort to keep its information leaflets up to date, very recent changes may not yet be reflected in the information and you should discuss this with the clinical staff at the time of your appointment.

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St. Benedict's Hospice
 & Centre for Specialist
 Palliative Care

Occupational Therapy



South Tyneside and Sunderland
 NHS Foundation Trust



Occupational Therapy

The aim of occupational therapy is to help you to adjust to practical problems with your daily living activities caused by your condition.

Daily living activities include:-

- Self-care activities - for example moving around safely, getting up and down stairs and in and out of the bath
- Leisure activities – for example getting out in the community
- Productive activities – for example making meals, house work, etc.

What services are offered by the specialist palliative care occupational therapy team?

At St Benedict's Hospice, we have a team of occupational therapists who offer a range of services and treatments to help you adjust to any day to day practical problems:-

- They will work with you to assess your abilities to complete important daily activities.
- Establishing with you what is important to you, what you can do and want to do.
- Provide you with adaptive equipment to reduce effort in carrying out activities

- Recommend changes to your daily activities/routines to manage problems such as tiredness, pain, limb weakness, etc.
- Provide home visits to make recommendations for adaptations to your home to promote your independence and maintain safety – e.g.) grab rails, temporary ramps, etc.
- Work with your family members or formal carers, with your agreement, to support safe moving and handling
- Recommend activities you may enjoy, such as gardening, for wellbeing.

Who can access specialist palliative care occupational therapy services?

If you are accessing one of the following St Benedict's Hospice services, you are eligible for referral to the specialist palliative care occupational therapy team: -

- Hospice inpatient unit
- Day hospice
- Out patients clinic (Consultants, Senior Lecturer-practitioner, Lymphoedema team)
- Community specialist palliative care nursing team

How to access specialist palliative care occupational therapy services?

The member of staff from St Benedict's Hospice involved in your care will arrange the referral with your permission.

If you are not involved with a member of the specialist palliative care team, please consult your GP or District Nurse for referral to an alternative occupational therapy service.

What happens next?

Once you have been referred an occupational therapist from the specialist palliative care team will contact you by telephone to arrange an appointment. This can be at the hospice or at your home, depending on your needs.

During the appointment the occupational therapist will ask you some simple questions about your home and how you have been managing your daily living activities.

Depending on how you are feeling on the day of the appointment, the occupational therapist may ask you to demonstrate how you move around, climb stairs, complete daily living tasks, etc. This will help to see what problems you might have with these tasks.