



After this appointment, they will go over the options with you to help you overcome your problems. Then, you will both agree on a plan. If you need any equipment, they will order them for you. They will let you know when this will be delivered and installed.

They may visit you again once the equipment has come. This will be to make sure they are meeting your needs.

They will let you know how often they will contact you and give you contact numbers.

Our team supports 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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We try hard to keep our information leaflets up to date. This information was correct when we wrote it. It may not include very new changes. Staff will tell you if anything has changed and check that you understand at your appointment. You should ask if you are unsure about anything.

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

Occupational Therapy



South Tyneside and Sunderland
 NHS Foundation Trust



What is Occupational Therapy?

Occupational therapy helps you adjust to practical problems in your life caused by your condition.

Activities you do in your life are:

- **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 and house work.

What services are offered by the occupational therapy team?

We have a team of occupational therapists who offer a range of services and treatments.

- We will work with you to see what your abilities are. This is to see if you can carry out important daily tasks.
- We will work out what is important to you, what you can do and want to do.
- Give you equipment if need be so you need to use less effort when carrying out tasks.

- Recommend changes to your daily routine to help you manage problems like tiredness, pain and limb weakness.
- Do home visits to see if you need any adaptations. For example, grab rails or ramps. We want to promote your independence and keep you safe.
- Work with your family members or carers, with your permission, to support safe moving and handling.
- Suggest activities you may enjoy. For example gardening, for your wellbeing.

Who can access our occupational therapy services?

You can access these services if you are using one of these services at St Benedict's Hospice:

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

How to access our occupational therapy services?

A member of staff from St Benedict's Hospice will arrange your referral for you.

If you are not involved with a member of the St Benedict's Hospice, please speak to your GP or District Nurse. They will be able to refer you to a different occupational therapy service.

What happens next?

An occupational therapist will ring you to make you an appointment.

This can be at the hospice or at your home.

During the appointment they will ask you some questions. They will be about your home and how you have been managing your daily tasks.

Depending on how you are feeling on the day, they may ask you to show them how you:

- Move around
- Climb stairs
- Carry out daily tasks

This will help to see what problems you have with these tasks.