What is Occupational Therapy?

Occupational Therapists (OTs) provide advice on easier ways of carrying out daily tasks, which can improve your health and well-being, and allow you to remain independent.

You can get advice and support on:

* Dressing
* Maintaining personal hygiene (Bathing)
* Mobility (Stairs)
* Getting around your home
* Transfers (Chair/ Bed/ Toilet)
* Preparing yourself a meal or drink

Our Aims are to;

* Increase confidence in your own abilities
* Improve quality of life for you and your family
* Advise on techniques to enable you to reach your maximum potential

Occupational Therapists can also help you by:

* Arranging major adaptations, such as ramps and stair lifts through access to the Disabled Facilities Grant (DFG).
* Providing minor adaptations, such as grab rails
* Discharge planning
* Providing specialist equipment, such as a shower chair or a mobile hoist
* Referring you to other services that can help, including;

>Falls Team

>RIACT

> Physiotherapy

>Carers Assessment

>Care and Support Needs Assessment

>Lifeline

>Wheelchair Services

Making a Referral

The Adult Contact Team (ACT) can process a referral or you can contact the team for advice via telephone on 01325 406111. The Adult Social Care Occupational Therapy Team consists of Occupational Therapists and Occupational Therapy Assistants.

Assessment can be completed for Darlington residents from aged 18 years who are experiencing disabilities which affect their ability to manage activities of daily living and whom reside within the Darlington Local Authority Area. Referrals can be made by you or a family member, friend or carer, professionals such as your GP, district nurse or social worker with your consent.