

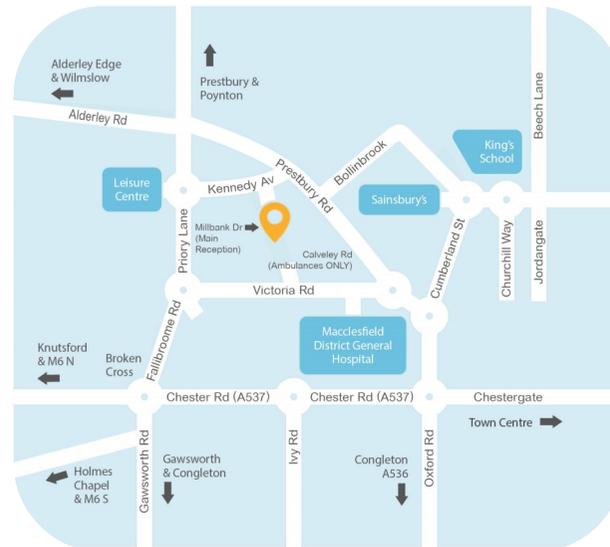
All Occupational Therapists employed by the East Cheshire NHS Trust and East Cheshire Hospice are state-registered. They practice in accordance with national local clinical standards.



**East Cheshire Hospice**  
Where people come to live



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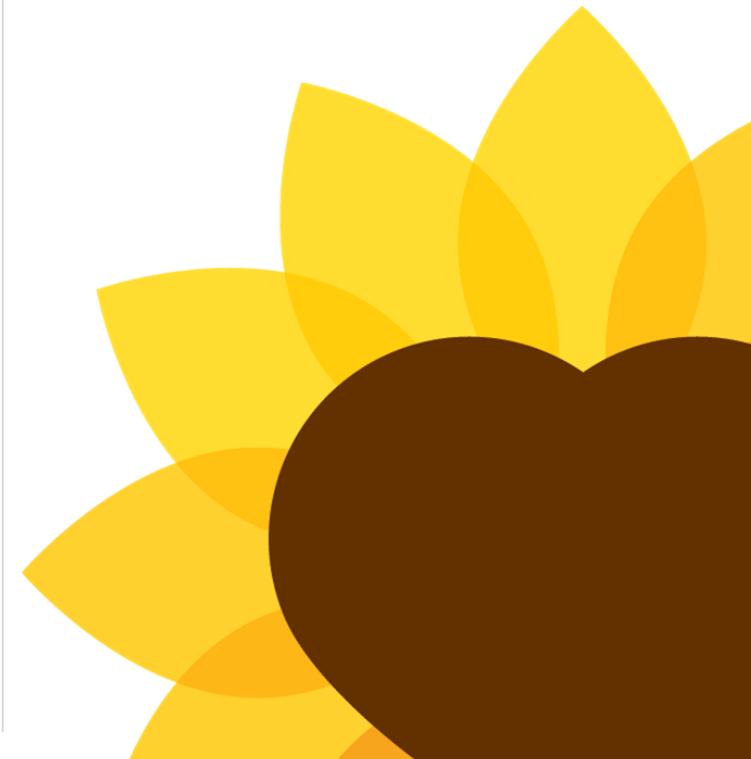
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# Occupational Therapy

## Information for patients & carers



## Occupational Therapy

We offer a flexible approach across the Hospice and the community.

Occupational Therapy provides help and support when your health prevents you from doing the activities that matter most. Following our assessment, your Occupational Therapist (OT) can help identify strengths and difficulties you may have in everyday life, such as dressing, bathing, comfort in bed, meal preparation or getting to the shops. Having discussed your priorities, the OT can help you work out practical solutions to these challenges.

Through the use of specific purposeful activities, we can help you reach your maximum level of function and independence, and also help you adjust to the changes in your condition.

Assessment and rehabilitation will take place in the most appropriate setting for you eg. on the ward, in the Sunflower Centre or in your own home.

If you have been admitted to the ward, an OT will help with planning for your return home and will often do a follow up visit to support you and your carer/s.

You may receive help with a particular problem or have ongoing support, whichever is most appropriate for you.

Occupational Therapy can help with:

- Personal care
- Getting around
- Managing the stairs
- Domestic tasks
- The practical aspects of living with your condition, managing your breathlessness and fatigue.

Adaptations to your property may be suggested, and equipment may be provided to promote your independence and safety.

Advice and support will be offered to your carer/s.

## Referrals

With your consent, referrals to our Occupational Therapy service can come from a variety of places, such as your consultant, GP, Macmillan team, district nurses or clinical nurse specialists.

The aim of our service is to help you and your carers maintain choice and control over your lives.

We hope to enable you to live life to the full by minimising some of the effects of your condition and its treatment.