

**Occupational
Therapists** work with
people of all ages – and
their carers – to help them
overcome difficulties with
everyday activities at home.

If you would like information or advice, or would like to ask for an assessment, please contact:

Occupational Therapy Service
020 7527 5200

Fax: 020 7527 5270

Minicom: 020 7527 5207

Email: occupational.therapy.service@islington.gov.uk

Information and Access Team
020 7527 2299

For more copies of this leaflet or if you require copies in large print, Braille, on audio cassette or in a community language, please contact Information Services on 020 7527 8196.

Occupational Therapy

When can Occupational
Therapists help?



ISLINGTON

What is Occupational Therapy

Occupational Therapists are specially trained to work with people to enable them to live as independently as possible in their own homes.

Islington's Occupational Therapists work closely with colleagues across Social and Health Care Services. You may be referred to us if you have difficulties with everyday tasks such as:

- Getting in and out of bed
- Maintaining adequate personal hygiene
- Getting on and off the toilet
- Preparing food and drink
- Climbing steps or stairs
- Getting in and out of your property.

How may you help me?

We may be able to provide help to overcome these difficulties by:

- Providing advice on ways an everyday task can be done differently
- Loaning you a specialist piece of equipment like a raised toilet seat
- Recommending small adaptations to your home for example hand rails or stair rails
- Recommending larger adaptations to your property or recommending a move to more suitable accommodation
- Referring you on to other services that can help
- Working with the Care Management Enabling Home Care service.

Am I eligible for help?

We can help you if you are:

- A child or an adult with a permanent and substantial physical disability
- An elderly person who has problems with daily living tasks because of your age
- Someone with a progressive condition where our involvement will help maintain your independence for longer and will improve your care
- Looking after a person with a disability
- Someone with a mental health problem or a learning disability that means you have practical difficulties with everyday living tasks.

We work within the Fair Access to Care Services guidance so please have a look at the *When Can We Help?* leaflet for full details of who is eligible. The leaflet is available from Social Services Offices or by phoning 020 7527 8196.

We are working towards:

- Enabling people to purchase their own equipment through Direct Payments
- Completing initial assessments within government target timescales

How do I apply for help?

Contact the Occupational Therapy Service or the Information and Access Team – details are on the back of this leaflet. Someone who knows you can apply on your behalf if they have your permission.

We will visit you at home to find out what difficulties you are having with everyday tasks. We will assess what you can do for yourself and what you need help with. We may also want to talk to anyone who gives you help now – like relatives or friends – as well as your GP or district nurse but we will always ask your permission to contact them.

The assessment helps us build a picture of what help you need to live independently in your home. We will also take into account your views about what you need and those of your carer.

Are there any charges?

There is no charge for our visit to you or for your assessment. Equipment is provided free on a 'permanent loan' basis.

Building adaptations in Council or Housing Association property are normally carried out and paid for by the landlord.

If you rent privately or own your own home and need a major building alteration, you can apply for a Disabled Facilities Grant from the Council's Environmental Health Department.