

# Occupational Therapy (OT) Services at Northgate Hospital

Information for service users

**Easy Read**

**A member of staff or a carer can support you to read this booklet. They will be able to answer any questions that you have.**

Occupational Therapy Services at Northgate Hospital are based in the Adult Training Centre (ATC).



Occupational Therapists, (OTs) work with nurses, psychologists, social workers and Speech and Language Therapists (SALT).



We help plan your care.

We go to your review meetings.

## What we do



Help you learn to look after yourself.

Bathing.

Teeth cleaning.

Shaving.

Dressing.



Help you with activities you like doing.





Help to develop skills for work or college.



Help you develop day to day skills like money, cooking and road safety.



## What do Occupational Therapists help you with?



Improve your confidence.

Help you with feelings, behaviours and skills.



Get along with other people.



Help you to overcome physical problems.

## How do we decide the best way to help you?



We do assessments by watching you do an activity that is important to you.



We do assessments by asking questions.



We will look at what you are good at and where you might need some help.

We might talk to your family or staff if you would like us to.

## How will we help you?



We might help you to practice new skills.

We might help you to learn new ways of doing activities.



Sometimes we might give you equipment to help you with tasks.

We might give you some activities to help to calm you down or help you feel ok about yourself.



Change your environment to make things easier for you.



We might work with you on your own.



We run groups you might want to join in with.

## Where?



In the Occupational Therapy Department.

On your unit.



In the community.



At work, college or day activities.



In your home.

## Contact details

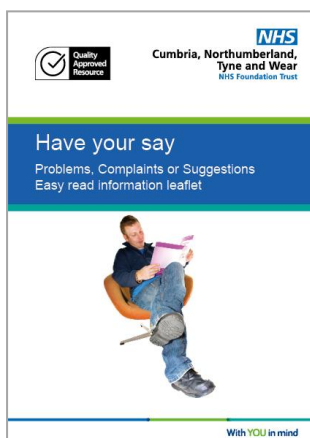


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## Problems, complaints or suggestions



Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust has a complaints policy. We will give you a leaflet about how to make a complaint.

If you think that we could improve our service then please let a member of the team know your idea.



Further information about the content or production of this leaflet can be obtained from the Patient Information Centre.

This information can be made available in a range of formats on request (Braille, audio, BSL or other languages). Please contact the Patient Information Centre on 0191 246 7288.

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