



## WHERE TO REACH US?

If you have further needs regarding the service, please contact:



0141 581 2011



[liz.walker@accord.org.uk](mailto:liz.walker@accord.org.uk)



## OUR HOURS OF WORK



Monday 8:30am-4:30pm

Tuesday 8:30am-4:30pm

Wednesday 8:30am-4:30pm

Thursday 8:30am-4:30pm

Friday 8:30am-4:30pm



## OCCUPATIONAL THERAPY

### INFORMATION FOR PATIENTS AND RELATIVES

"While we cannot add days to life, we can put life into days"





## OUR SERVICE

The Occupational Therapy service at ACCORD is provided by our Senior Occupational Therapist (OT) and a support worker known as a Technical Instructor and also an Activities Co-ordinator. This service is offered to those who attend the Community Hub Services and Inpatient Unit.

Occupational Therapy is an holistic patient centred approach with the aim being to help reduce the impact of your illness on your everyday activities so you can maintain your wellbeing and independence.

## YOUR FIRST ASSESSMENT

At your first assessment, either as a patient in the Inpatient Unit or in your own home, the OT's will discuss and assess your daily living needs with you and then help to create your ideal care programme. OT assessments will focus on increasing your independence with daily tasks and to improve your quality of life and support you to achieve your identified goals.



## WHAT OCCUPATIONAL THERAPY CAN HELP WITH

- Increasing your safety and independence.
- Looking at priorities and different ways to deal with everyday tasks.
- Assessing environment and providing equipment.
- Advising on saving your energy, managing fatigue anxiety and breathlessness.
- Giving support and education to your family or carers.
- Working with other agencies such as community carers to meet your needs if being discharged from the hospice.
- Engagement in meaningful activities.

## CANCELLING AN APPOINTMENT

If for any reason you cannot keep, or need to change the day or time of your appointment, please telephone:-

**0141 581 2007**

If nobody is available to take the call please leave a message on the answering machine.