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Care Opinion
What's your story?

www.careopinion.org.uk

NHS inform - The national health information service for Scotland.
www.nhsinform.co.uk
Tel No: 0800 22 44 88

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Pub. date:	March 2024
Review date:	March 2026
Issue No:	04
Dept:	Occupational Therapy
Clinical Lead:	Lisa Greer

XS PIL.PRIMRY.24_07945.L

Design - Medical Illustration, NHS Lanarkshire

LQA Lanarkshire Quality Approach ✓ CERTIFIED

NHS Lanarkshire

Primary Care Occupational Therapy Service

Occupational Therapy Information for patients

SCAN ME

The Primary Care Occupational Therapy Service is based within GP surgeries across Lanarkshire.

What is Occupational Therapy (OT)?

Primary Care Occupational Therapists (OTs) help people who have noticed that their everyday activities (occupations) are starting to become more difficult, for example:

❖ at home - personal care needs, housework, cooking, participating in hobbies and leisure roles

❖ at work - support with returning to or maintaining paid work, carer roles, volunteering and education

❖ in the community - using public transport, shopping, socialising or being physically active

These difficulties may be due to changes in your health, such as:

◆ Anxiety ◆ Falls or fear of falling ◆ Pain

◆ Low mood ◆ Work-life balance ◆ Stress

◆ Frailty ◆ Memory issues ◆ Fatigue

How could occupational therapy help me?

❖ We know that getting support early on when your health changes is important.

❖ We will give you time to talk about the difficulties you are experiencing with everyday activities

❖ We find out what matters to you and set realistic goals together

❖ We offer practical support, education and advice to help you manage your

health and be able to do the activities that you need or want to do

How do I access Primary Care Occupational Therapy?

1. Telephone our hub on 01698 755175 and speak to one of our admin staff or leave a message with your contact details. **OR**

2. Fill in the attached form and hand in to your GP surgery.

Please note: The Primary Care Occupational Therapy service can support anyone aged 16 or over with the exception of:

❖ Young people who are still at school

❖ People already receiving Occupational Therapy input from another service

What should I expect?

❖ Once we receive your referral, an occupational therapist will telephone you to find out if Primary Care OT is the right service for you. We may direct you to another service if this would best meet your needs.

❖ If we feel occupational therapy could meet your needs, we will arrange a longer appointment to get to know you better and find out what matters to you.

❖ We will discuss your health, the difficulties you are experiencing, your routine, roles, interests and goals. We may also use formal assessments to help us plan your treatment programme.

❖ Your OT appointments may take place at your GP surgery, over the phone, via a video call or in your own home.

I would like to see an Occupational Therapist

Name ....

Address ....

....

Date of Birth ....

Contact number ....

Which activities are you having difficulty with? (tick all that apply to you)

☐ Looking after personal care e.g.: getting up, bathing, dressing, eating well, sleep.

☐ Looking after my home e.g.: housework, shopping, cooking, paying bills

☐ Working, e.g. paid work, volunteering, education

☐ Caring for others, eg children, relatives

☐ Using my local community, eg shops, gym, cafés, church

☐ Travelling from A to B – walking outdoors, driving, using public transport

☐ Maintaining a good routine

☐ Socialising/Relationships Doing things I enjoy

Sign ....

Date ....