

Occupational Therapy Services

Stockton-on-Tees Borough Council

Occupational Therapy Services (OT)

Aims of the Occupational Therapy Service:

- To help maximise safety and independence at home and in the community
- To prevent or delay deterioration in care and support needs.

The key objectives of the OT service is to prevent or delay admission to a hospital or care home, to help adults remain in their own homes for as long as possible and live fulfilling lives.

Scope of the service:

The service offers a person centred, holistic functional assessments of need. Following from this an OT Plan is agreed with the adult and their family. The plan outlines the type of interventions which would help the adult to regain or maintain their skills of daily living and have the confidence needed to live as independent as possible in their own homes.

OT is a collaborative process involving the adult and relevant persons such as their family, local health and social care professionals, and voluntary or private sector organisations. Centred around the adult and focusing on their goals, consideration is given to their strengths and abilities to manage day to day life, any barriers to independence and safety posed by their environment and personal circumstances that may restrict participation in home and community life.

Occupational Therapy Interventions may include:

- Recommendations and provisions of equipment and adaptations to the home environment
- Moving and handling risk assessments
- Information and advice on how to make best use of community resources
- Signposting to other health and social care services
- Setting up rehabilitation plans for improving mobility and maximising participation in day to day life.

Eligibility

The Occupational Therapy service is available to

- Any Stockton Borough Council resident aged 18 and above who “appears to have a need” arising from a health conditions, which has a significant impact on their day to day life
- Carers/young carers

Requesting an Occupational Therapy Assessment

A request for an OT Assessment can be made by the adult or another person on their behalf such as a health or social care professional, GP or family and friends. The request is made through Stockton-on-Tees Borough Council's Customer Services Team on 01642 527764.

The request will then be passed to the First Contact Team where the appropriateness for OT services is determined as part of a wider triaging process, and a referral generated to the Team Manager of the OT Team. The Team manager will allocate the referral to an OT Practitioner.

Adults who have substantial difficulty with being fully involved in the assessment process may use an **“appropriate person”** to assist or represent them throughout the assessment and decision making process. This person can act as their representative if the adult consents to this and they are deemed **“appropriate”** for such role by the local authority. Where there is no suitable person to act as their representative an **“independent advocate”** will be appointed.

The OT practitioner will contact the adult or their appropriate person as soon as they receive the referral and discuss their needs over the telephone. Following this, the adult and their family or appropriate person may be invited for a functional assessment at Stockton Independent Living Centre, other community centre or their own home.

Initial Functional Assessment

The functional assessment comprises an initial discussion regarding the adult's priorities and expectation from the OT service, followed by activity analysis of their performance in day to day tasks i.e. observations of activities relevant to the identified goals.

The activity analysis may include, but is not limited to the following activities:

- Walking indoors and outdoors
- Accessing the property
- Use of stairs
- Sitting and rising to or from a chair, bed or sofa
- Getting in or out of a car
- Accessing bathroom facilities
- Performing some personal care tasks
- Participating in kitchen activities

- Participating in gardening and accessing garden facilities
- Participation of domestic tasks
- Use of moving and handling techniques and equipment during transfers to/from bed, chairs, or wheelchairs
- Discussion around participating in employment, education, training, leisure, and community life
- Social inclusion and integration in community life

Occupational Therapy Plan and Interventions

Following the initial assessment an occupational therapy plan will be completed with the aim of maximising participation in day to day life, enhancing independence and improving mobility and self-confidence. This may include, but is not limited to: recommendations and advice on using equipment and/or adaptations, rehabilitation plans comprising of activities and exercises, or signposting and referrals to other relevant services such as health and social care or community care services.

Examples of equipment and adaptations provided by Stockton-on-Tees Borough Council Occupational Therapy service:

- Rails. E.g. stair rails, rails to the entrance of the property, bed rails, bath rails.
- Transfer aids. E.g. to facilitate safe transfers between wheelchair, bed, sofa, etc.
- Internal and/or external ramps to the property to facilitate wheelchair access.
- Bathing equipment. E.g. the use of a shower board to facilitate safe transfer in/out of the bath/shower.
- Equipment to facilitate safe use of the toilet
- Equipment to facilitate transferring in/out of bed.
- Moving and handling equipment (hoists, slings, stand aids, other).

Where equipment or minor adaptations will not provide a solution to the problem, more “major adaptations” to the home environment will be recommended. Adults assessed as needing “major adaptations” to their homes may apply for the Disabled Facilities Grant, which is subject to a financial assessment. Occupational Therapy staff will support the adult with the grant application process. Some housing associations may offer financial assistance towards the recommended major adaptations.

The OT practitioner will work collaboratively with other services to ensure the adults' needs are being met holistically. Referral to other services may be recommended, such as Housing, Physiotherapy, Community Nurse, GP, or Mental Health Services.

Discharge

The Occupational Therapy Plan will be reviewed prior to case closure and occupational therapy will continue for as long as necessary or until the goals/outcomes set out during the initial assessment have been achieved.

Outcome measure:

We aim:

- To complete initial OT assessment within 28 days from receipt of referral (0--6 days for urgent cases)
- Review all cases every 12 months where complex/electrical equipment is put in place

Contacting Us

For Adult Care Services:

First Contact

 01642 527764

Minicom: 01642 527769

 FirstContactAdults@stockton.gov.uk

 Opening Hours

Monday – Thursday 8.30am - 5pm

Friday 8.30am – 4.30pm

Stockton-on-Tees Borough Council also has an Independent Living Centre that provides expert advice and has an extensive display of equipment to try.

Independent Living Centre

☎ 01642 524750

If you would like this information in any other language or format
for example **large print** or audio please contact
Independent Living Centre on 01642 527764

إذا كنت ترغب الحصول على هذه المعلومات بلغات أو بأشكال أخرى على سبيل المثال
بالطبعة الكبيرة أو بالشريط المسجل فالرجاء الإتصال 'بدايفرستي تيم'

على هاتف رقم 01642 527764

ARABIC

اگر شما این اطلاعات را به زبان یا شکل دیگری مثلا چاپ بزرگ یا بصورت صدا
میخواهید لطفا با تیم دایورسیتی (گونگونگی)

با شماره 01642 527764 به تماس شوید

FARSI

Si vous souhaitez obtenir ces informations dans d'autres langues ou sous un
autre format, par exemple, en gros caractères / version audio, veuillez
contacter l'équipe au n° 01642 527764

FRENCH

ئەگەر حەزرت لێن بە ئەم زانیاریە بە دەستت بکەونت بە زمانەکانی تر یان بە شێوەیەکی تر بۆ نمونە
چاچی گەورە/یان بە تێبێ تۆمارکراو نکایە بە یۆهەندی بکە بە 'نیمی دایفیرستی'

لە سەر ژمارەى تەلەفۆن 01642 527764

KURDISH

欲要這份資訊的其它語言版或其它版式例如大字體印刷/錄音帶，請
致電 01642 527764 接洽 '多元化隊'

CHINESE

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਬਣਤਰ ਜਾਂ ਖੋਲੀ ਵਿੱਚ, ਵੱਡੀ ਛਪਾਈ ਵਿੱਚ ਜਾਂ ਟੇਪ/ਸੀ ਡੀ 'ਤੇ

ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ

ਹੁੰ 01642 527764 ਨੰਬਰ ਉੱਤੇ ਫੋਨ ਕਰੋ।

PUNJABI

اگر آپ ان معلومات کو کسی بھی اور زبان یا انداز، مثلاً بڑے پرنٹ/آڈیو ٹیپ وغیرہ میں حاصل کرنا چاہیں، تو ڈائورسٹی ٹیم

کو اس نمبر پر فون کیجئے 01642 527764

URDU