



Hertfordshire  
Partnership University  
NHS Foundation Trust

# Occupational Therapy Service

Part of

## Mental Health Services for Older People



Promoting identity, function and  
independence in daily life



Our  values  
Welcoming Kind Positive Respectful Professional

# What is the Occupational Therapy service?

Our Occupational Therapists and Assistant Therapy Practitioners provide different therapies for older people in the community.

## Our therapies

Our aim is to enable people and their carers to ***‘Live Well Through Occupation’***. Our therapies:

- Improve a person’s ability to live independently, carry out daily activities, meaningful work, roles and routines.
- Improve people’s safety living at home.
- Support people in accessing their local community.
- Help to manage changes and deteriorations, and minimise crisis events.
- Support carers to manage situations and learn therapeutic skills to support our service users.

## How do we provide this support?

- Individual sessions at home.
- Individual sessions in a community setting.
- Group work in a community based setting.
- Support to attend day centres/community settings.

# Frequently asked questions about community Occupational Therapy

## What does an occupational therapist (OT) do?

An OT's job role is to help people of all ages overcome the effects of disability caused by illness, ageing or accident so that they can carry out everyday tasks or occupations.

The occupational therapist will consider all of your needs - physical, psychological, social and environmental. This support can make a real difference by giving a renewed sense of purpose, opening up new horizons, and changing the way you feel about the future.

## What does the Community Occupational Therapy Service do?

They support individuals and their carers, assisting people to live as safely and independently as possible within their own home environment or within a residential or nursing home.

Following an assessment, their interventions may include providing advice, equipment or recommendations for adaptations to your home environment. They can advise on how much assistance a person may need to live independently in the long-term.

## Can a Community OT offer groups, and why would they be helpful?

Yes, community OTs can offer and facilitate groups which can stimulate the mind and senses and to help connect with and gain support from other people with similar difficulties.

## **How can an OT help an older person with Mental Health difficulties?**

Occupational therapists can help older people to continue doing the daily activities that maintain their health and wellbeing and are important to them.

They use activities or occupations to help you improve your skills or knowledge, to help you live independently and safely. For example we can help you improve your self-care by supporting you to learn how to use the washing machine or to cook for yourself, or manage money by improving budgeting skills and learning how to use online banking.

## **How can a Community OT support social opportunities?**

We can help by understanding your situation and working with you to find ways of having more social contact, by developing strategies to increase confidence when meeting new people and by recommending equipment or so you feel more confident in carrying out daily activities.

## Contact details for each Area

- East Herts (East Herts, Welwyn, Hatfield and Broxbourne)  
01707 364003
- North Herts (North Herts and Stevenage)  
01438 792190
- North West (Dacorum and St Albans)  
01442 275628
- South West (Hertsmere, Watford and Three Rivers)  
01923 837148

## Groups will be based on evidenced-based Lifestyle Redesign® and can include Living Well Through Occupation:

- Anxiety management
- Memory interventions
- Confidence-building
- Relapse Prevention
- Community Living (includes safety and falls)
- Community participation and social engagement
- Self-care and looking after yourself (includes meal preparation)
- Leisure and hobbies (includes creative activities)

These interventions may also be offered on a one to one basis dependant on individual needs.

**Cover Artwork: *Autumn Mountains* by Denise Bowser**

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