

Occupational Therapy Ventilation Inpatient Centre Ward 19

Aintree University Hospital **NHS**
NHS Foundation Trust

Therapy Department
Lower Lane
Liverpool L9 7AL
Tel: 0151 529 3910

What is an Occupational Therapist?

An Occupational Therapist, or an OT for short, helps individuals to maintain functional independence where they can.

The OT will assess your level of independence and will come up with a treatment plan to meet these needs.

You will be encouraged to engage in activities of daily living during your stay on the unit. They will look at ways of supporting you with these activities.

The aim of the OT is to support you with the physical and functional effects that may come with your stay on the unit.

When would I need to see the Occupational Therapist?

The OT can become involved in your care at any aspect of your stay.

You will be asked a number of questions about your social history to establish a baseline of what you are normally able to do.

This will assist with the therapists setting goals with you.

An OT will aim to;

- Help stop loss of movement i.e. positioning to prevent stiff joints and completing purposeful movements
- Assess and practice activities of daily living including personal care activities and domestic tasks i.e. making meals and drinks
- Assess the impact of being critically

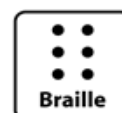
ill and providing coping strategies, anxiety management and relaxation techniques

- Assess and treat any cognitive problems that may include changes with memory and concentration
- Provide advice on energy conservation and fatigue management techniques
- Assess for the provision of equipment and/or adaptations to the environment to help recovery or help adjust to loss of function
- Increase your stimulation and engagement in the unit
- Refer for wheelchair and seating assessment as appropriate

If you have any questions or queries please feel free to speak to the OT on the ward.

Your Occupational Therapist on the Ventilation unit is

You can contact us by telephone on:
0151 529 3910



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

Tel No: 0151 529 2906

Email: interpretationandtranslation@aintree.nhs.uk