

Helping you to live independently in your own home

Occupational therapy service

Our occupational therapy team provides support to adults and children who have a disability or illness which makes everyday activities more difficult. Working with you and your family and carers, occupational therapists and occupational therapy assistants will provide advice and information about the most effective way to manage your condition to help you live more independently in your home.

How we can help

We can help in the following ways:

- We can give advice and information to you, your carers and family members, and other professionals.
- We can assess your needs and abilities.
- We can look at the best way to meet your needs. For example, practical solutions to help you if you are having difficulty bathing, using the toilet and getting up and down stairs.
- We can support you to improve your independence, health and wellbeing.
- We can help you live in your own home as safely as possible.
- We can look at your home to see what physical barriers there may be to your independence, such as stairs, inaccessible bathrooms or access to the outside of your home. We can then advise you on possible adaptations.
- We can tell you about services that will help you to get out into the wider community.

How we work with you

We will always focus on your strengths and abilities when working with you. We call this a 'strengths-based approach'.

Examples of how occupational therapy can help

Here are some examples to show the positive effect that occupational therapy could make to your life. Please note, these are not real cases.

- Prashant is an independent 85-year-old who loves walking his dog along the seafront. Recently, he hasn't been able to do this because his rheumatoid arthritis made it difficult for him to get down the two steep steps at his front door. Following a conversation with an occupational therapist, rails and shallow steps were installed. He can now get out and about again.
- Julie is 46 with a deteriorating neurological condition. She needed her home to be adapted so that she could look after her two children and use her bathroom and kitchen in her wheelchair. An occupational therapist worked with her to provide equipment and recommendations about her home. Julie can now get about indoors, cook for her family and use her bathroom independently.
- Tahra is 55 and her needs were identified during a phone assessment. She emailed us photos of her bathroom and explained the difficulties she was having. We contacted the district council and, using the information from Tahra, recommended that they installed a level-access shower. The district council assessed Tahra's financial circumstances and approved the adaptation. We also referred Tahra to have a falls pendant. As a result of contacting us, Tahra will be able to continue living in her home and carry out day-to-day activities independently.
- Henry is four. He has cerebral palsy. Following a home visit, we contacted Henry's physiotherapist and arranged an assessment for specialist seating and bathing equipment. We recommended Henry for a Disabled Facilities Grant for housing adaptations, including level wheelchair access into his home and to the living and sleeping areas and the washing facilities. Following the adaptations, Henry and his family could be supported to live in their accessible home, with increased independence, quality of life and safety.

Getting in touch

Please contact us if you have any questions or think we may be able to help you or someone you know. We accept self-referrals and referrals from family, carers, friends and health professionals.

Adults' CarePoint

- Phone: 01243 642 121
- Call using Relay UK: 18001 01243 642 121 (from a textphone or the NGT Lite app downloaded onto a computer, tablet or smartphone)
- Website: [the Social care and health page](#) on the West Sussex County Council website. Fill in the online 'Contact us' form on the '[How to get adult social care support](#)' section of our website
- Post: County Hall, Chichester, West Sussex, PO19 1RG.

Children's referrals

- Website: [the Occupational therapy support for children page](#) on the West Sussex County Council website
- Phone: 01403 229 900
- Call using Relay UK: 18001 01403 229 900 (from a textphone or the NGT Lite app downloaded onto a computer, tablet or smartphone)
- Email: WSChildrenServices@westsussex.gov.uk.

You may also be interested in some of the other information we produce. Please ask Adults' CarePoint for copies or visit [the West Sussex County Council website](#) and search for 'Adults' social care publications' or 'Children's social care' publications'.