

What do Occupational Therapists do?

Occupational Therapists work with people who:

- Want to learn new skills
- Find everyday activities hard to do
- Have difficulty coping with things around them



Things we might work on together:

- Day to day activities
- Looking after yourself
- Work and leisure activities
- Friendships and relationships
- Helping you find the right support



How can we help?



Your Sensory World

Occupational Therapists often find out about how you cope with things like noise, smells, movement, light and touch.

This can be a good way to work out how to support you to feel better.

How we will work with you

Occupational therapists sometimes work with one person at a time.

Sometimes we work with groups of people.



We work in teams with other professional people. For example:

- community nurses
- social workers
- physiotherapists
- speech and language therapists.

