

#weareNHFT



Northamptonshire Healthcare
NHS Foundation Trust

OCCUPATIONAL THERAPY WHAT THIS MEANS TO YOU?

N-STEP

EARLY INTERVENTION IN PSYCHOSIS SERVICE FOR NORTHAMPTONSHIRE

📞 01536 452411

🌐 nhft.nhs.uk/nstep



MAKING A
DIFFERENCE,
FOR YOU,
WITH YOU

WHAT IS OCCUPATIONAL THERAPY?

Psychosis can disrupt our lives and it can make everyday tasks such as; work, education and leisure activities harder to do. Occupational Therapists (also known as OT's) work as part of the multi-disciplinary team to help people find ways to continue with activities that are important to them.

This might involve learning new ways to do things, making changes to make things easier or trying something completely different.

As well as working with individual patients and their families, occupational therapists can provide group work. Occupational therapists work as part of a wider team and may also supervise the work of support time and recovery workers, peer support, employment specialist and students.

The Occupational Therapist will work with you to identify goals reflective of your needs and formulate a plan of treatment to support you to achieve them. The plan may involve other members of the N-STEP team such as support workers, employment specialists or members of your family or friends (with your permission).

The work with the Occupational Therapist will be time limited and progress will be reviewed on a regular basis.



THE AREAS

Our occupational therapists assess and treat people looking at four areas* listed below:

PERSONAL MANAGEMENT

- Self care - washing, dressing, grooming
- Domestic skills - cooking, laundry
- Caring for personal belongings
- Money management
- Planning
- Using public transport
- Managing symptoms
- Driving a car
- Leaving the house without support

SOCIAL ABILITY

- Being able to communicate with others
- Forming relationships - friendships and meeting new people
- Managing unfamiliar situations
- Participating in small groups
- Eating or drinking in public places
- Using the telephone

USE OF FREE TIME

- Being able to identify activities for leisure and accessing them
- Attending a group
- Having a balance of activities
- Reading
- Relaxing

WORK ABILITY

- Ability to concentrate on a task
- Ability to follow instructions
- Being productive through study, employment or other meaningful activities
- Looking after someone else
- Getting to work or appointments on time

*This is based on the Vona du Toit Model of Creative Ability (VdTMoCA)

HOW DO I GET REFERRED?

Speak to your Care Coordinator within N-STEP who can refer you to the Occupational Therapist. You will then be contacted to arrange an appointment for assessment.

Questions to ask yourself to help prepare for your first appointment:

- What do I want to change?
- What would I like to achieve?
- What things could I do to help myself?

Your Occupational Therapist is _____.
To contact your Occupational Therapist please call _____.



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Inspected and rated

Good



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বা ভাষায় প্রয়োজন হয়, তবে অনুগ্রহ করে

0800 917 8504 নম্বরে পালস এর সাথে যোগাযোগ করুন

Jei šią skrajutę norite gauti kitu formatu ar kalba,
kreipkitės į PALS: 0800 917 8504

Jeżeli są Państwo zainteresowani otrzymaniem
tych informacji w innym formacie lub języku,

prosimy o kontakt z PALS pod numerem telefonu
0800 917 8504.

Dacă aveți nevoie de acest prospect în alte
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0800 917 8504

Если Вы хотели бы получить данную брошюру
на другом языке или в другом формате, просим
обращаться в PALS (Информационная служба
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