

Occupational Therapy



What is Occupational Therapy?

Occupational therapists support you to address difficulties in day to day activities and maintain quality of life.

The hospice occupational therapy team will provide you and your family with advice to help you to continue your day to day activities as normally as possible or assist you with new ways to do things, supporting you to adapt to change.

Your occupational therapist may suggest appropriate pieces of equipment, new ways of completing an activity, provide you with education regarding your symptoms and management of these or suggest an alternative set up to your environment which may make tasks and activities more manageable.

What's on offer?

The therapist will work with you to identify your priorities and set some realistic goals for you to work towards. They will supporting you and those close to you to adapt to any changes through the provision of practical advice and support.

They can support with management of symptoms such as anxiety, fatigue or breathlessness. We run group sessions to provide advice on these but we can also complete one to one sessions if required. The aim is to try and enable you to approach things in a slightly different way, helping you to self-manage your condition.

An occupational therapist may see you at home to identify if any changes can be made in terms of equipment or adaptations that will make your life easier. If you have been staying as an inpatient at the hospice they may visit your home prior to your discharge to make recommendations on what may be beneficial to keep you safe and promote your ability once home.

The occupational therapist can also support with advice on equipment, care support, symptom management and new techniques for you to manage or for others (such as carers) to support you if you are being discharged to a new place of residence such as a nursing home.

Who is involved in providing this service?

Qualified hospice occupational therapists and therapy assistants are responsible for providing this service.

They will work closely with other professionals within the hospice team such as physiotherapists, complementary therapists, nurses and doctors.

They may also work closely with organisations outside of the hospice that have different abilities or roles to ensure that the best possible support is provided to you.

When and where is this service available?

Occupational therapy takes place in a variety of settings, including within the inpatient unit, as part of our day care services, in your own home, or as an outpatient at Foxhall Road, Ipswich.

What does this service cost?

We provide this service free of charge to patients, families and carers. The hospice is not part of the NHS, although we work closely with it as well as other service providers.

St Elizabeth Hospice is an independent charity and around three quarters of our income comes through fundraising and donations from our local community.

Tell us what you think

Hearing about your experience of St Elizabeth Hospice can help us to improve our services and provide better care and support for those who need it.

To make a comment or complaint, or to compliment us on something we've done well, please write to us or visit stelizabethhospice.org.uk

Contact us

01473 727776

enquiries@stelizabethhospice.org.uk

stelizabethhospice.org.uk

St Elizabeth Hospice

565 Foxhall Road, Ipswich, Suffolk, IP3 8LX

