

**ACCORD HOSPICE**

Registered Charity No SC013682



# Occupational Therapy

**Information  
For  
Patients & Relatives**

## Occupational Therapy

The Occupational Therapy service at ACCORD Hospice is provided by Senior Occupational Therapists (OT's) and a support worker known as a Technical Instructor.

The service is offered to Day Hospice/In-Patients and patients being cared for by the ACCORD Hospice Community Specialist Nurses.

Referrals will also be accepted directly from other healthcare professionals - in Hospitals, General Practitioners, Community Specialist Nurses, District Nurses.

## Your First Assessment

At your first assessment, either as a patient at the In-Patient Unit, Day Hospice or in your own home, the OT's will discuss and assess your needs with you. A programme of care will then be agreed.

Treatments will focus on increasing your independence with daily tasks such as getting in and out of bed, dressing, getting up and down stairs, moving from one chair into another.

## What Occupational Therapy Can Help With

- Looking at priorities and different ways to deal with everyday tasks
- Assessing environment and providing equipment
- Advising on saving your energy, managing fatigue, anxiety and breathlessness
- Giving support and education to your family / carers
- Working with other agencies such as community carers to meet your needs if being discharged from the hospice

## Other Services Available

Assisting with meaningful activities in Day Hospice which are not just for you to enjoy but also which will:

- Help you to relax
- Allow you to express yourself
- Give you the chance to meet with other people who have similar problems
- Help to keep your mind and body active
- Improve your self confidence and self esteem

## Hours of Work

The Occupational Therapy service is available

**Daily 8.30 am - 4.30 pm**

**Due to current Health & Safety legislation and the risks associated with passive smoking, we would ask you not to smoke during a home visit.**

## Cancelling an Appointment

If for any reason you cannot keep, or need to change the day or time of your appointment, please telephone

**0141 581 2011**

If no-one is available to take the call please leave a message on the answering machine.



## Suggestions Comments & Complaints

If you have any suggestions, comments or complaints about how the service can be improved, please speak to Ishbel Murdoch or Shona Brown.

If you are not satisfied with the response, please discuss your concerns directly with the Chief Executive at ACCORD Hospice:

**Mrs. Helen Simpson**  
**0141 581 2000**

Should you feel that your complaint has not been resolved by ACCORD Hospice, you may contact Healthcare Improvement Scotland (HIS) directly, at any stage:

Adrian Masson  
Head of Corporate Services  
Healthcare Improvement Scotland  
Elliott House  
8 - 10 Hillside Crescent  
EDINBURGH  
EH7 5EA

Telephone: 0131 623 4300  
Email: [adrian.masson@nhs.net](mailto:adrian.masson@nhs.net)

**If required this leaflet is available in  
other languages & formats**



**Date Reviewed** April 2011

**Date Implemented** April 2011

**Date of Review** April 2013