



19. My occupational therapy assessment

What you need to know for an assessment meeting from occupational therapy



My occupational therapy assessment

What is occupational therapy?

Occupational therapy takes a “whole person approach” by supporting people to do the things they want and need to do. Our focus is to help people stay as independent as possible in their own homes.

We can also offer advice to carers in their role of supporting another person with everyday tasks.

What can we help with?

We want to find out what’s important to you and how you complete daily tasks. We then suggest how you can make the most of your abilities.

We can offer advice on different ways of doing something and signpost you to other teams that will be able to support you. We can also order equipment to support you and/or your carer(s).

We can identify if your home requires minor or major adaptations. Any major adaptations may require a Disabled Facilities Grant. For more information about this, please see '**Fact Sheet 18: What is a Disabled Facilities Grant?**'

How do we do this?

We will look at your referral, and together we can decide on the best way to work with you. This could be talking to you on the telephone or visiting you at home. Depending on your situation, we can:

- Give information and advice
- Provide a voucher for you to buy equipment from an approved seller
- Order equipment for you to use at home
- Ask our equipment supplier to visit you on our behalf. They will find out what equipment will work for you and can also install it for you
- Request minor changes to your home

- Apply for a Disabled Facilities Grant for major changes to your home
- If changes are not possible, we can talk to you about moving home to a property that works better for you

How do I know if I am eligible for this and do I have to pay for it?

An occupational therapist will identify what you need at home to make everyday tasks easier for you. If you need equipment or minor adaptations to your home, you will not have to pay for these. Major adaptations require a Disabled Facilities Grant. Depending on your household income and savings, you may pay none, some, or all of the cost.

How to contact us

To refer yourself or someone else to occupational therapy and to find out how we can support you, please contact us:

 **Call:** 01296 383204

 **Email:** adultearlyhelpteam@buckinghamshire.gov.uk

Use this space to write down things you need to remember to tell us

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How to contact us

Adult Care Services

To get more information about adult social care services you can:

-  **Go online:** www.buckinghamshire.gov.uk and click on 'Care for Adults'
-  **Call:** 01296 383204

Are you worried about somebody?

If you or someone you know is at risk of abuse or neglect:

-  **Call:** 0800 137915 (24 hours a day)

If you would like to give us feedback

-  **Go online:** Please complete the online form at www.buckinghamshire.gov.uk

If you prefer you can:

-  **Call:** 01296 387844
-  **Email:** complimentsandcomplaints@buckinghamshire.gov.uk