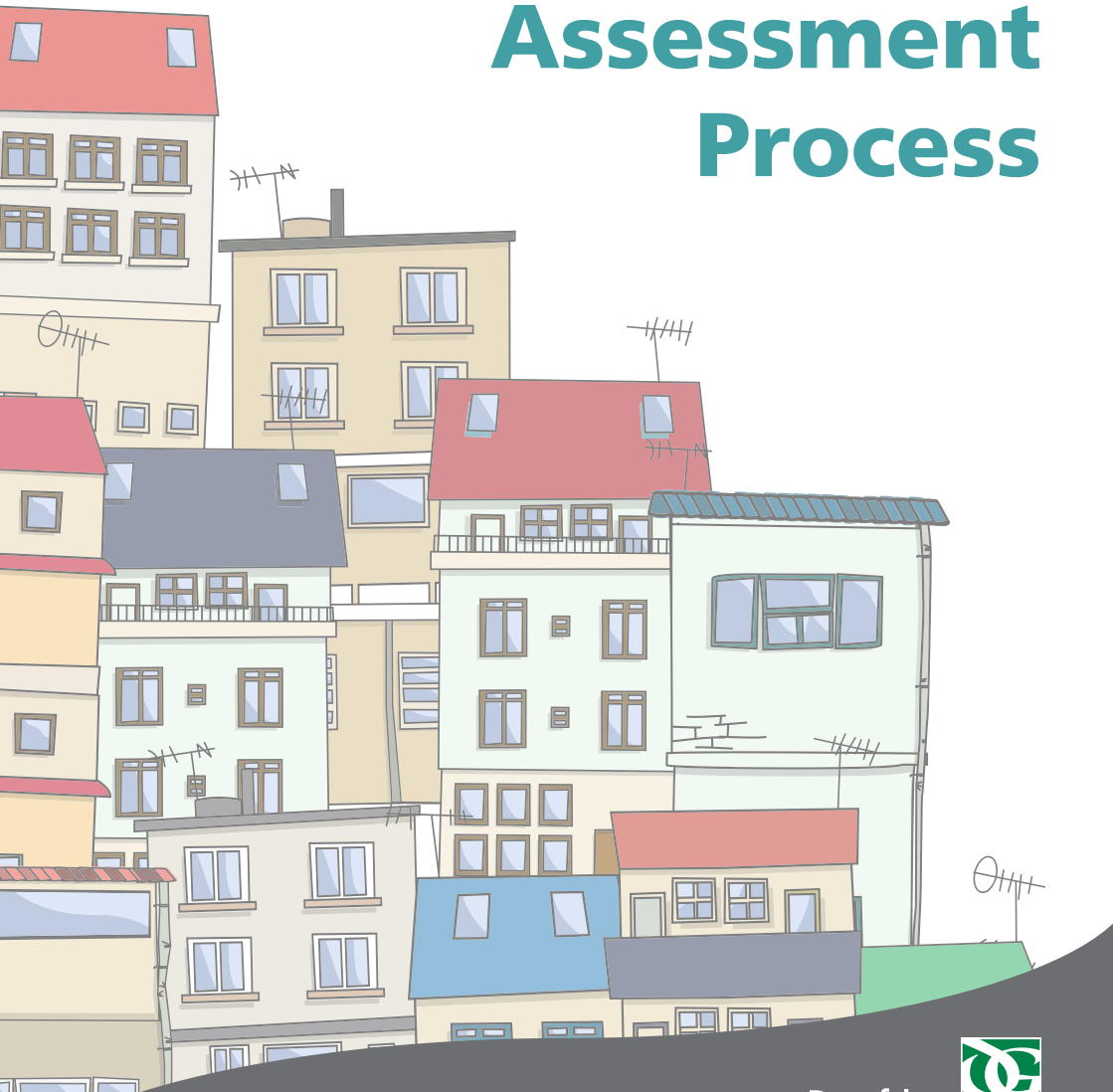


# A GUIDE TO **Occupational Therapists and Assessment Process**



Occupational therapists look at the whole person. This means they look at your physical and mental health. An Occupational Therapist (OT) might recommend giving you equipment or making adaptations to your house to help you live your life as well as you can.

An Occupational Therapist will do the following:

- Work with you in your own home
- Advise you of different ways to carry out tasks that you find difficult
- Give you equipment, if it is needed
- Advise you on adaptations needed in your home or if you need to move home
- Work with other professionals to help you, including architects, equipment providers, builders & housing organisations



## The Assessment Process

If you request an assessment Dumfries & Galloway Council will arrange essential equipment and/or adaptations for your home.

The OT will look at your case in 2 stages:

- They will identify if you have a difficulty or challenge that needs addressed
- They will identify one or more options that will help you

The OT will work with you to agree what options are suitable. Some of these may not be possible depending on your personal situation.

## Costs

Costs do need to be taken into account when an OT is helping a client look at their available options. OTs must think about the cost of an option so they can help as many people as possible with limited funding. OTs will also help you to see what the availability is of your preferred option.

## Assessment

The OT will:

- Ask questions about you, your family and your carers
- Observe you doing different activities

- Make written notes
- May need to contact other people following the assessment eg. GPs, physiotherapists or psychologists

The OT will look at how you manage within your home environment and will suggest ways your home can be changed to meet your needs.

The assessment will help you be as independent as you want to be. They will also listen to family and/or carers to help you, and them, be as safe and independent as possible.

The assessment focuses on 'Activities of Daily Living'. This is a phrase used to describe everything we do as human beings on a daily basis. One example is getting in and out of bed. Another example is making a cup of tea. The assessment will also look at other activities you are interested in and what help you need to take part. One example is a leisure activity like swimming. Another example is attending a local club.

An OT will think about any of the following areas, if they are relevant to you.

## Lifestyle and aspirations

This is the most important part of the assessment. The OT will ask you what is important to you in your life. They will help you to think about how you want to live your life, now, and in the future.

## Functional ability

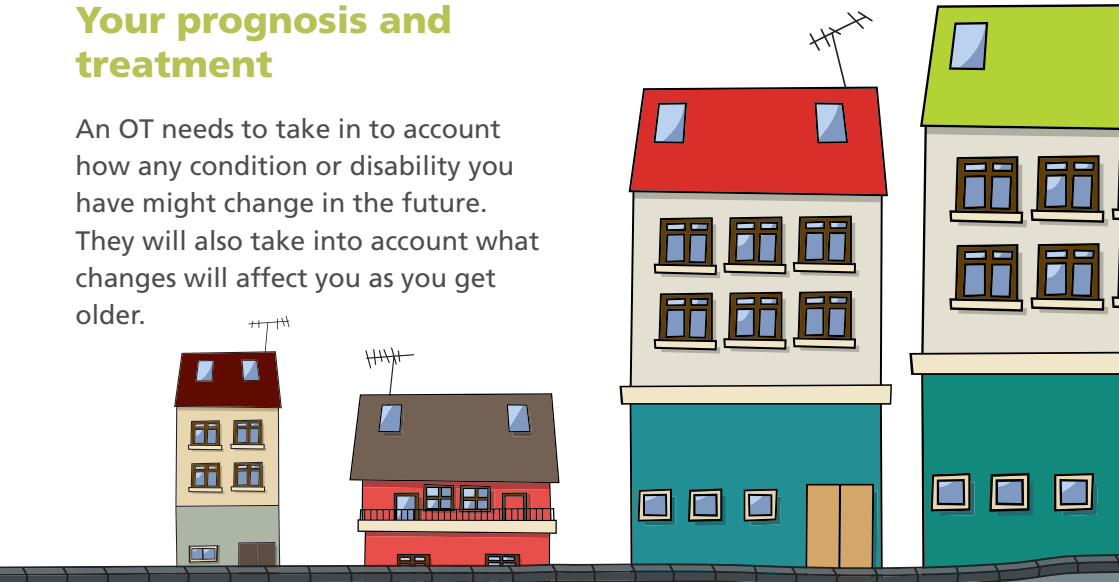
An OT will look at how you manage physically and mentally. One example of what they will look at is how mobile you are. Another example is how you prepare food. There is a broad range of things they will assess including other functions such as speech or hearing difficulties.

## Your diagnosis

An OT needs to know about your medical condition or diagnosis. They need to know if you have more than one diagnosis. This helps them to understand what the impact is on you now and in the future. An OT has extensive training in lots of areas including medicine, mental health and surgery. Their training and the information you give them help them to assess your needs.

## Your prognosis and treatment

An OT needs to take in to account how any condition or disability you have might change in the future. They will also take into account what changes will affect you as you get older.



## Short and long term needs

An OT must recommend solutions that help in the short term and long term. This is important when helping you with your housing so your home is suitable for you now and in the future. An OT will take into account your changing needs and your family's changing needs.

## Leisure & Work

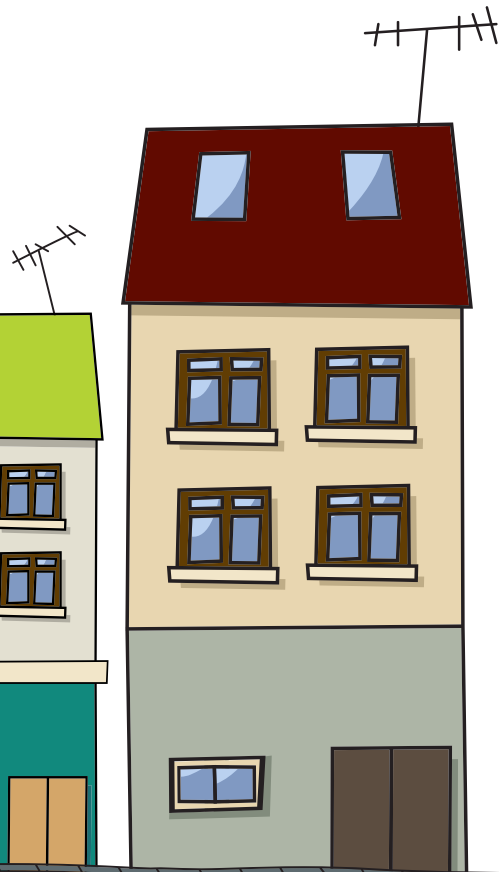
As far as possible, an OT will take into account your leisure and work activities, both in terms of your needs within the home and your need to have access to facilities in the community.

## Family/Carers needs

An OT will also look at the needs of your family and/or carers, and consider any of their changing needs over time.

## Risk and Safety

An OT must think about your safety when they assess you. They also need to think about the safety of your family and/or carers. You might disagree with your OT when they make this assessment. You and your OT may need to compromise if you are unable to agree on something.



## Your needs outside your home

An OT will look at your needs for getting in and out of your home independently and/or safely and for accessing local facilities.

### Appeal process

- Your local authority will have an appeal process where you can request a second assessment or opinion
- You can get help and support from an independent advocate to ensure that the full range of possible solutions is considered
- Housing Options Scotland may be able to provide support to access some additional OT input or to consider a second opinion from an independent OT

Your home may not be suitable for your long term needs. Your OT may say this to you because they assess that your equipment or any adaptations will be fine in the short term but not in the long term.

Sometimes interim solutions need to be used while you look for a new home or a new home is being built. Or, it may be, that you prefer to stay in a home that is less suitable but in the right location.

It is always possible to look at second options if you are unhappy with the outcome of your assessment and what this means for you.

Help is available from Dumfries & Galloway Council to support you to live safely and independently if you have difficulty carrying out everyday activities at home.

With a little information from you it is easy to recommend and arrange things like:

- toilet frames and raised toilet seats
- bed rails and bed raisers
- chair raisers
- bathing aids
- tap turners and kettle tippers
- banister and grab rails
- external handrails

The Council also offer advice and information on things you can do to help yourself such as looking at ways you can do tasks differently. You may also be referred to someone else who can help and provide some support if needed. For example, your GP can refer you to NHS services for special equipment.

[www.dumgal.gov.uk/article/15101/Housing](http://www.dumgal.gov.uk/article/15101/Housing)



## Apply for help

To apply download a self-assessment to have minor adaptations made or equipment fitted without the need for a full assessment:

[www.dumgal.gov.uk/article/15251/Equipment-and-adaptations-to-help-with-daily-living](http://www.dumgal.gov.uk/article/15251/Equipment-and-adaptations-to-help-with-daily-living)

**Phone 030 33 33 3001 or visit a Social Work office to request a form.**

### **Annan**

Annan Town Hall  
High Street, Annan  
DG12 6AQ

### **Castle Douglas**

Gardenhill Primary Care Centre  
2 Garden Hill Road  
Castle Douglas  
DG7 3EE

### **Newton Stewart**

Penninghame Centre  
Auchendoon Road  
Newton Stewart  
DG8 6HD

### **Dumfries**

122 - 124 Irish Street  
Dumfries  
DG1 2PB

### **Kelloholm**

Millhill Centre  
Corserigg Crescent  
Kelloholm  
DG4 6EL

### **Stranraer**

Ashwood House  
Sun Street  
Stranraer  
DG9 7JJ

## Contact Us

We have a range of leaflets on different topics available on request. If you would like further information on the types of assistance available to homeowners please contact:

Dumfries & Galloway Council  
Strategic Housing  
Kirkbank House  
English Street  
Dumfries  
DG1 2HS

Tel: 030 33 33 3000

Email: [strategichousing@dumgal.gov.uk](mailto:strategichousing@dumgal.gov.uk)

[www.dumgal.gov.uk/article/15101/Housing](http://www.dumgal.gov.uk/article/15101/Housing)

