



reviveMS

OCCUPATIONAL THERAPY

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Occupational therapy helps you live your best life at home, work, and everywhere else. It's about being able to do the things you want and have to do.

That could mean helping you overcome challenges learning at school, going to work, playing sports or simply doing the dishes. Everything is focused on your well-being and your ability to participate in activities. (RCOT, 2023)

OT is person-centred and focuses on you as an individual

Often occupational therapy is associated with physiotherapy or linked with job occupations. Although OT can involve physical areas such as aids and adaptations, there are many other areas we can assist in.



What is Occupational Therapy (OT)?

“Something that is meaningful to you is an occupation” for you

Where would you find an OT?

Occupational therapists work with adults and children of all ages who have a wide range of conditions.

Most commonly, they help those living with mental health conditions, or physical or learning disabilities. And you'll find them helping people live their best life in social care services, hospitals, health centres, housing, schools and voluntary organisations.

Ways OTs can help

- Adaptive equipment – feeding, washing, dressing, sleeping, toileting, cooking.
- Anxiety and depression management.
- Getting you back to your daily 'occupations' – working, gardening, self-care, holidays, anything you feel will bring meaning to your life.

How to refer for OT

The NHS provide free occupational therapy, however there can be a long waiting list depending on your situation.

Ways to refer:

- Talk to your GP.
- Talk to your local council's social care department.
- Talk to your physiotherapist or other health workers you may be in contact with.

(NHS, 2023)