

Contacts, suggestions and comments

If you have any reason to comment about any aspect of the services provided by St Richard's Hospice, please do not hesitate to contact:

The Care Director, St Richard's Hospice,
Wildwood Drive, Worcester, WR5 2QT

or

Care Quality Commission, West Midlands
Region, Citygate, Gallowgate,
Newcastle upon Tyne NE1 4PA



**St. Richard's
Hospice**

CARING FOR LIFE

**Your Occupational Therapists at
St Richard's Hospice are:
Sue Stephens and Emma Kerton**



St Richard's Hospice is an independent charity caring for 2,500 patients and family members in Worcestershire.

St Richard's relies on donations and gifts in Wills to continue to provide its wide range of services.



St Richard's Hospice,
Wildwood Drive, Worcester, WR5 2QT
www.strichards.org.uk

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Fax **01905 351911**

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www.strichards.org.uk

Charity no 515668



Occupational Therapy
Helping you to stay independent

Contact them on
01905 763963 ex 2016

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What is an Occupational Therapist?

Occupational Therapists are health and social care professionals who help people to carry out activities they need or want to do, but are prevented from doing so because of physical illness, disability or the effects of aging.

Activities can include the necessary jobs of daily living such as getting dressed, preparing a meal or simply continuing with a favourite hobby.

How can an Occupational Therapist help you?

Carrying out every day activities is important to your health and well-being. We can work with you, understand what your priorities are and help you find alternative ways to carry on with these activities.



What type of things can an Occupational Therapist help with?

Personal activities:

For example getting dressed, undressed, washing, getting on/off the toilet, in and out of the bath or shower; eating and drinking.

Domestic activities:

Preparing meals, doing housework, shopping or laundry

General mobility:

Advice on the provision/purchase/loan of wheelchairs and scooters

Lifestyle changes:

Social and leisure activities, managing fatigue, anxiety and breathlessness

In your home:

Getting into and out of your house, advice on stairlifts, pendant alarms

Ways in which the Occupational Therapist can help you:

Individual assessment of needs in the hospice or at home or another setting

- Advice, provision and fitting of standard equipment on free loan from the Community Equipment Service, Worcestershire County Council
- Advice on specialist equipment or adaptations
- Advice and provision of rails around your home
- Referral to the wheelchair service for assessment and prescription of wheelchairs
- Pressure relief and seating needs
- Support and advice on fatigue, anxiety and breathlessness
- Advice on relaxation techniques
- Advice and support for patients, carers and families

