Occupational Therapy for State Hospital Patients
WHAT IS OCCUPATIONAL THERAPY?

Occupational Therapists (OTs) believe that participating in everyday activities is important for promoting health, reducing symptoms of mental illness, reducing risk and offending behaviour.

OTs support people to do activities that are important in everyday life which may include activities related to:

- Looking after yourself and your surroundings.
- Taking part in hobbies and leisure activities you enjoy.
- Learning new things through education or training, and work orientated tasks.

It is important while you are in hospital to maintain and develop skills that will prepare you for discharge and life.

WHY MIGHT I NEED OT?

There are many reasons why people are unable to do these activities. They may:

- Have a physical disability.
- Find it difficult to learn or remember things.
- Have problems getting motivated.
- Lack confidence or experience.
- Lack confidence meeting or mixing with people.

These difficulties may be temporary or longer lasting. OTs help people identify which activities they are having problems with, why they are having problems and what is the best way of solving the problem.
HOW DO I KNOW IF OT CAN HELP ME?

Ask yourself these questions . . .

If you answer “yes” to any of them it may be useful to talk to an OT:

► Do you find it hard to get motivated to do things which are important to you?
► Are you bored or fed up during the day because you have got nothing to do?
► Are you worried about trying new things in case you make a mistake?
► Do you need help to look after yourself, cook, clean, shop or manage your money?
► Do you feel anxious when you are with people?

► Are you nervous about going to places where you meet new people?
► Would you like to learn something new?
CONTACTS

Occupational Therapists are part of your ward Clinical Team. They are on ward frequently. If you require information please do not hesitate to approach them. You can also ask a member of nursing staff to contact your ward OT if you wish.

YOUR WARD OT IS:

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