

# Occupational therapy, equipment, provision and supporting independence in the Dorset Prosthetic Centre

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This leaflet is for defining the role of the Occupational Therapist, equipment provision and supporting independence in the Dorset Prosthetic Centre.

## How can the Occupational Therapist (OT) help me?

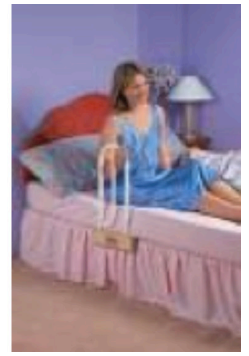
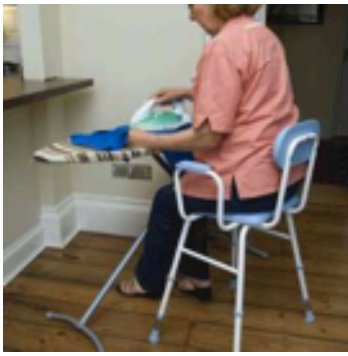
You will have met an occupational therapist while you were in hospital, (their uniform is usually a white tunic and bottle green trousers!). They may have discussed how you will manage when you are discharged from hospital and may have provided you with some equipment to help you manage your daily tasks and supported your discharge from hospital.

Now you are home, you may find things are more difficult to manage or have identified new issues in managing your longer term needs.

The Occupational Therapist (OT) can give advice and information, or demonstrate alternative methods to help you live independently. This may include essential day-to-day tasks such as:

- Personal or domestic activities- The OT can provide education and advice on new techniques for self-management in for example dressing or domestic activities
- Reviewing transfers such as getting into bed, toilet or the bath and provision of equipment to support independence
- Support with onward referral and liaison with other services for environmental adaptations such as ramps or access to bathing facilities or for further rehabilitation
- Ensuring wheelchair prescription continues to meet your needs, and provide advice on seating and posture management
- Advise on employment or return to work issues
- Driving - advice on driving and car adaptations or driving assessments you may need
- Advice on lifestyle management such as coping with fatigue and planning and pacing work life activities.

Please contact the occupational therapist at the Dorset Prosthetic Centre on **0300 019 4363** for further information if you require support for any of the above.



## What should I do if I have equipment that I no longer need or the equipment is broken?

If you have been provided with equipment that you no longer need or is broken, you should contact your local Community Equipment Service to either arrange collection of the equipment or to have the equipment repaired.

Bournemouth, Poole and Dorset: **0344 893 6364**

Hampshire: **01256 476800**

Wiltshire: **01249 815052**

What can I do if I feel that the equipment I have been provided with is no longer suitable for me or I feel that there is equipment that I would benefit from that I do not have?

If you feel that you would benefit from an assessment for equipment, for example rails, ramps or bathing equipment, this assessment would be completed by a community occupational therapist linked to your local Adult Social Care. You can refer yourself to this service or contact the Dorset Prosthetic Centre who can arrange for you to be referred. The Occupational Therapist at the Dorset Prosthetic Centre can discuss your needs with you and may visit you at your home. If appropriate, the OT may liaise with your more local Occupational Therapy services to ensure that the services and equipment provided meets your long term needs.

## Who can I contact for more information about referral?

The numbers below are for the adult social care teams who will take information from you regarding your needs:

**Bournemouth:** **01202 454979** Mon-Thurs 8.30-5.15 Fri 8.30-4.30  
Website: [www.mylifemycare.com](http://www.mylifemycare.com)

**Poole:** **01202 633902** Mon-Thurs 8.30-5.15 Fri 8.30-4.30  
Website [www.mylifemycare.com](http://www.mylifemycare.com)

**Dorset:** **01305 221016** Mon-Thurs 8.30-5.15 Fri 8.30-4.30  
Website [www.dorsetforyou.gov.uk/health-wellbeing-disability](http://www.dorsetforyou.gov.uk/health-wellbeing-disability)

**Hampshire:** **0300 555 1386** Mon-Thurs 8.30-5.00 Fri 8.30-4.30  
Website: [www.hants.gov.uk/socialcareandhealth/adultsocialcare](http://www.hants.gov.uk/socialcareandhealth/adultsocialcare)

**Wiltshire:** **0300 456 0111** Mon-Thurs 8.30-5.20 Fri 8.30-4.20  
Website: [www.wiltshire.gov.uk/adult-care](http://www.wiltshire.gov.uk/adult-care)

If you were referred to the adult social care occupational therapy service for assessment while you were in hospital and want to find out about your referral you can contact your local team via the above numbers.

**If you have any problems accessing any of the above services contact the Dorset Prosthetic Centre Occupational Therapist on 0300 019 4363 who will be able to assist you.**

## **What can I do if my home is not suitable for my needs?**

If you need to make adaptations to your home to make it more suitable for your needs and for you to continue living there, you may apply for a **Disabled Facilities Grant (DFG)**. Adaptations can range from minor alterations to major home extensions. The DFG is funding from the local authority and is means tested, so your income and savings will be assessed. Depending on your income, you may need to pay towards the cost of the work to the property. If in rented or housing association property the processes may differ.

The adult social services occupational therapist will assess your physical needs and your home for suitability.

Your local authority will have a policy for housing and adaptations and any conditions that apply.  
Website - [www.gov.uk/disabled-facilities-grants/overview](http://www.gov.uk/disabled-facilities-grants/overview)

## **What should I do if I have a problem with my wheelchair?**

At the Dorset Prosthetic Service we would recommend that you have access to a wheelchair at all times. There may be periods of time that you are unable to wear your prosthesis and so your mobility would be restricted.

If your wheelchair is broken or needs servicing contact the repairs team for your local wheelchair service.

**Dorset wheelchair service: 01202 892874**

Website: [www.dorsetwheelchairs.nhs.uk](http://www.dorsetwheelchairs.nhs.uk)

**Hampshire wheelchair service: 0333 003 8071**

Website: [www.millbrook-healthcare.co.uk](http://www.millbrook-healthcare.co.uk)

**Wiltshire wheelchair service: 01225 899130**

Website: [wiltshirehealthandcare.nhs.uk/service/wheelchair-service](http://wiltshirehealthandcare.nhs.uk/service/wheelchair-service)

If you feel that your wheelchair, pressure cushion or seating system no longer meets your needs contact as above, to request a review or discuss with the OT at the Dorset Prosthetic Centre.

If you do not have a wheelchair and feel that you would benefit from a wheelchair then ask your GP to refer you or contact the Dorset prosthetic centre who can discuss your needs and refer you to the service if appropriate.

## **What is the Telecare service (sometimes known as Lifeline/Careline)**

The system is a 24hr emergency call system for use in times of emergency for example if you have fallen. The system works through a base unit which is connected to your telephone line and is accessed by a pendant to press in case of emergency. Services offer different financial packages which may involve rental or purchase. In some areas the system can be accessed via a mobile phone if you do not have a landline.

By pressing a pendant, worn either around the neck or wrist, this alerts a 24 hour monitoring and response centre. At the centre, a trained operator will speak to you through the base unit. If you do not respond, they will call your named contact (for example, a relative or neighbour) or the emergency services if needed.



For further details contact your local authority- tel numbers as above or

### **Bournemouth Careline**

01202 452795 Website: [www.bournemouth.gov.uk/careline](http://www.bournemouth.gov.uk/careline)

### **Poole Lifeline**

01202 733255 Website: <http://archive.poole.gov.uk/communities-and-people/poole-lifeline>

### **Dorset - Millbrook Healthcare**

0333 003 0010 Website: [www.careline.co.uk/dorset](http://www.careline.co.uk/dorset)

### **Hampshire - New Forest Careline**

023 8028 5523/023 8028 5433 Website: [www.newforest.gov.uk/appletreecareline](http://www.newforest.gov.uk/appletreecareline)

### **Hampshire**

0345 265 8003 Website: [www.argenti.co.uk](http://www.argenti.co.uk)

### **Wiltshire:**

0300 456 0111

Website:

[www.yourcareyoursupportwiltshire.org.uk/health-and-social-care/assistive-technology](http://www.yourcareyoursupportwiltshire.org.uk/health-and-social-care/assistive-technology)

## **Useful websites**

See websites as above for the local adult social services as above which have useful links and information

**Disabled Living Foundation** - [www.dlf.org.uk/content/asksara](http://www.dlf.org.uk/content/asksara)

**British Red Cross** - for hire of equipment or short term loans - [www.redcross.org.uk](http://www.redcross.org.uk)

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t: 01202 303626 w: [www.uhd.nhs.uk](http://www.uhd.nhs.uk) : @UHD\_NHS : @UHDTrust : @uhd\_nhs