



### **How do I access Occupational Therapy services?**

Referrals to occupational therapy are made during weekly team meetings. Not everyone who comes into hospital is referred for occupational therapy. Referral is based on your individual needs and care-plan.

If you think occupational therapy may be helpful to your recovery you can speak about this further with your team.

### **Where can I get more information relating to Occupational Therapy?**

**For more information on Occupational Therapy see the following websites:**

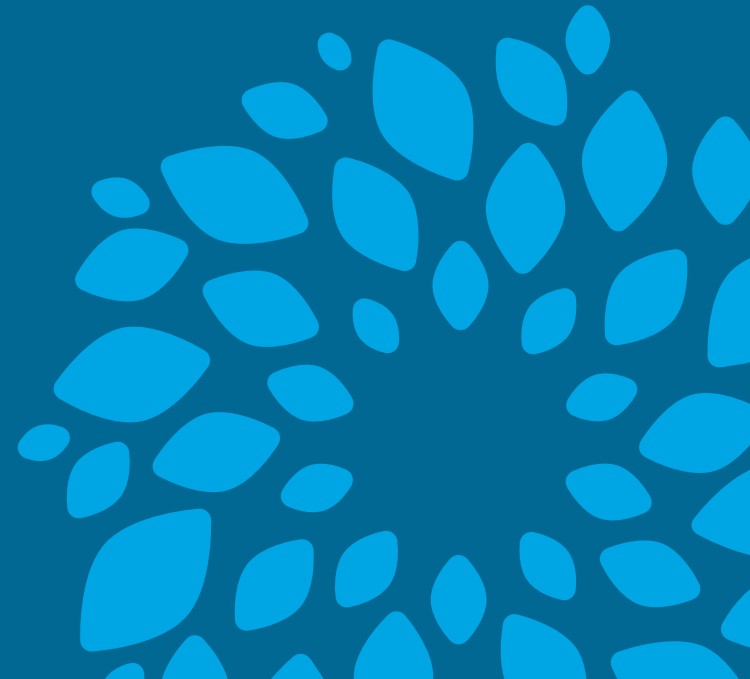
- Association of Occupational Therapists of Ireland  
[www.aoti.ie](http://www.aoti.ie)
- British Association of Occupational Therapists  
[www.cot.co.uk](http://www.cot.co.uk)

### **St Patrick's Mental Health Services**

James's Street, Dublin 8, Ireland.  
t: +353 1 249 3200. f: +353 1 679 8865.  
e: [info@stpatmail.com](mailto:info@stpatmail.com)  
[www.stpatricks.ie](http://www.stpatricks.ie)

# Occupational Therapy

An information guide on the  
role of occupational therapy  
in mental health recovery





## What is Occupational Therapy?

Occupational therapy is a profession concerned with what we do in our daily lives (occupation), and how this both affects and is affected by our health.

### Occupation includes:

- looking after yourself (self-care);
- enjoying your life and being with others (leisure and social life); and
- being productive (for example, work or college activities).

The main goal of occupational therapy is to support you to participate in the everyday activities that matter to you. Occupational therapy aims to contribute to your sense of wellbeing, independence and satisfaction in daily life.

## What do Occupational Therapists do?

Occupational therapists are members of the multi-disciplinary team. You may work with an occupational therapist on a programme or for one-to-one meetings.

### Examples of work you might do with an occupational therapist:

- Complete an assessment to identify your current needs and concerns;
- Explore lifestyle changes and set related goals to support your recovery;
- Develop skills to help you live more independently;
- Find ways to make your daily activities easier or more enjoyable;
- Develop a balanced and satisfying routine;
- Get ideas or information to help you take part in leisure or community activities;
- Identify social supports and outlets you might find helpful;
- Prepare for your discharge from hospital and to stay well at home.

## Why Occupational Therapy?

- Occupational therapists understand how illness or challenging life events can impact a person's ability to do the things that are important for them;
- Occupational therapists understand how activity and health are interlinked, and work with people to maintain the life roles and activities that support their health;
- Occupational therapists use evidence-based information in their practice to enable people to live their lives in a way that is meaningful and satisfying for them;
- Occupational therapists take a person-centred approach which emphasises a person's strengths and personal preferences;
- Occupational therapists recognise and promote the rights of people of all abilities to participate in the activities of everyday life.

## Is Occupational Therapy relevant to me?

Occupational therapists support people with all types of mental health issues. Occupational therapy is concerned with how these issues may impact your ability to do the things that are important to you. Because you are a unique person your occupational therapy plan will be specific to your needs and priorities.

If you are referred to occupational therapy, the first step is to complete an assessment which will help you and your occupational therapist decide if occupational therapy may be right for you at this time.