Occupational Therapy
Richardson Eating Disorder Service
Patient Information Leaflet
What is Occupational Therapy?
Our lives are comprised of hundreds of activities that occupy our waking hours. These "occupations" have a great impact on how we feel physically, emotionally, and even spiritually. They can provide a sense of satisfaction and well-being, or they can create stress, imbalance, and unhappiness.

Occupational therapy helps to solve the problems that interfere with your ability to do the things that are important to you. It can also look at how problems arise and help prevent or minimize their effects.

When an injury, illness, disability or other problem limits your ability to:
- Take care of and look after yourself,
- Participate in paid or unpaid work,
- Continue with your education, or;
- Balance the time you spend on yourself, e.g. hobbies, sports, spending time with family, then you may want to learn some new skills for the job of living from an occupational therapist.

What are the aims?
- Develop your confidence and motivation to have interests and be able to maintain what you believe are useful every day activities.
- Enable you to establish routines and coping strategies which help you take responsibility and be able to create a balance in life.
- Help you to develop mobility, strength and co-ordination required to carry out activities of daily living safely and independently and to be able to pace yourself efficiently.
- Offer the opportunity to experience life in a variety of environments that are important to you, with access to resources and support to help you remain independent.
- Explore roles and activities that might help you enjoy life more and create a balance between work, leisure and self-care.

What do you do?
Once you have discussed and agreed with your Occupational Therapist what life skills you might need to develop you may be offered:
- Food management
- Anxiety management/relaxation
- Assertiveness/self awareness
- Expressive arts
- Eat Well ‘n’ Feel Well
- Work/leisure/community activities
- Activity management
- Goal setting/problem solving
- Life balance
What if I have a comment, suggestion, compliment or complaint about the service?

If you want to make a comment, suggestion, compliment or complaint you can:

- talk to the people directly involved in your care
- ask a member of staff for a feedback form, or complete a form on the Trust website www.ntw.nhs.uk (click on the ‘Contact Us’ tab)
- telephone the Complaints Department Tel: 0191 245 6672
- email complaints@ntw.nhs.uk Please note that information sent to the Trust via email is sent at your own risk
- We are always looking at ways to improve services. Your feedback allows us to monitor the quality of our services and act upon issues that you bring to our attention. You can provide feedback in the following ways:
  - the quickest way for you to do this is to complete our short online survey at www.ntw.nhs.uk/poy
  - complete a Points of You survey, available on wards, reception areas or from staff.
  - some areas of the Trust have electronic feedback touch screens, staff can help you to use these.

Contact details
Richardson Eating Disorder Service
Richardson Unit
Leazes Wing
Royal Victoria Infirmary
Newcastle upon Tyne
NE1 4LP
Tel: 0191 282 5724
Email: REDS@ntw.nhs.uk

Please note that information sent to the Trust via email is sent at your own risk.
Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

This information can be made available in a range of formats on request (eg Braille, audio, larger print, easy read, BSL or other languages). Please contact the Patient Information Centre Tel: 0191 246 7288

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