

Occupational Therapy

Monkwearmouth Hospital



Patient Information Leaflet Easy Read

If you need support to read this leaflet



A member of staff or a carer can support you to read this leaflet.

They will be able to answer any questions that you have.

Sunderland Action For Health website



Our website provides useful information for people with learning disabilities, their carers and health professionals.

Information on the website includes Easy Read factsheets, leaflets, health action plans and appointment letters.



www.sunderlandactionforhealth.co.uk

Occupational Therapy services at Monkwearmouth Hospital



Occupational Therapists, (OTs) work with Nurses, Psychologists, Social Workers and Speech and Language Therapists (SaLT).



We help plan your care.

We go to your review meetings.

What we do



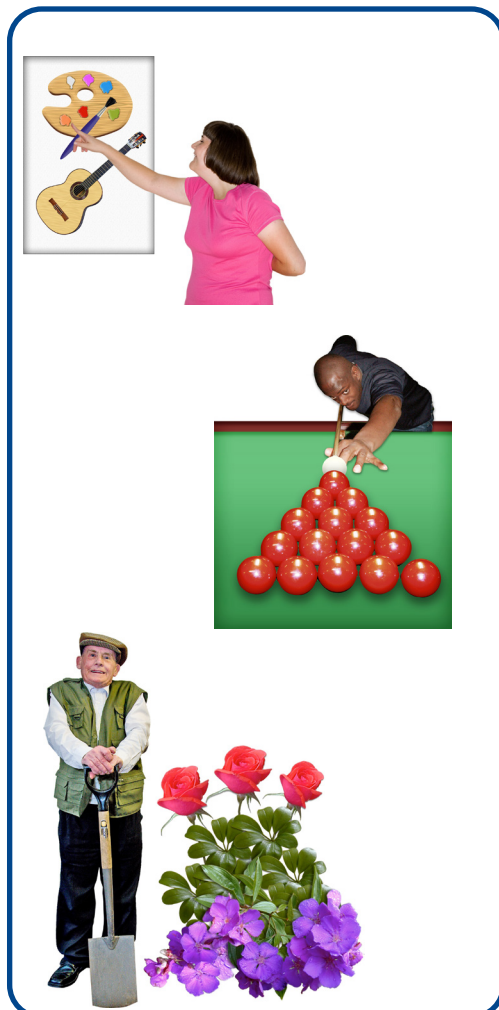
Help you learn to look after yourself.

Bathing.

Teeth cleaning.

Shaving.

Dressing.

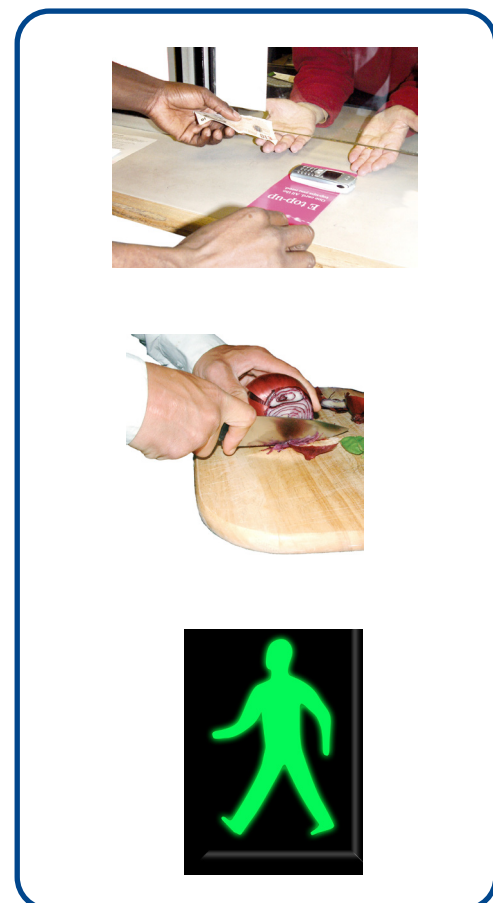


Help you with activities you like doing.

What we do



Help to develop skills for work or college.



Help you develop day to day skills like

money

cooking

and road safety.

What do Occupational Therapists help you with?



Improve your confidence.

Help you with feelings, behaviours and skills.

Get along with other people.

Help you to overcome physical problems.

How do we decide the best way to help you?



We do assessments by watching you do an activity that is important to you.



We do assessments by asking questions.



We will look at what you are good at and where you might need some help.

We might talk to your family or staff if you would like us to.

How will we help you?



We might help you to practice new skills.

We might help you to learn new ways of doing activities.



Sometimes we might suggest equipment to help you with tasks.

We might give you some activities to help to calm you down or help you feel ok about yourself.



We might recommend changes to make things easier for you.



We might work with you on your own.

We sometimes run groups you might want to join in with.

Where will we see you?



In the community.



At work, college or day activities.



In your home.

How to contact us

Please contact us if you feel you need support from our team.

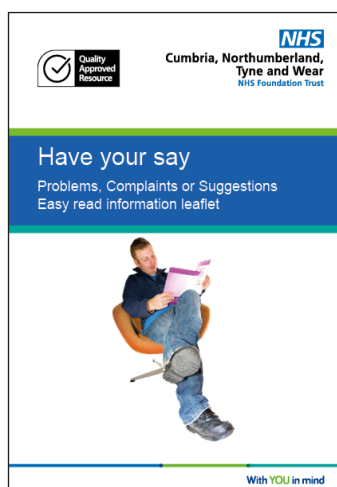
Phone our Initial Response Service:



0800 6522 867

Our services are based at Occupational Therapy Department, Monkwearmouth Hospital, Newcastle Road, Sunderland, SR5 1NB.

Problems, complaints or suggestions



Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust has a complaints policy.

We will give you a leaflet about how to make a complaint.

If you think that we could improve our service then please let a nurse know your idea.



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 (Braille, audio, larger print, easy read, BSL or other languages). Please contact the Patient Information Centre on 0191 246 7288.

Published by the Patient Information Centre

2025 Copyright: Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust

Ref: PIC/665/0125 January 2025 V6

Website: www.cntw.nhs.uk Telephone: 0191 246 7288

Review date 2028

Find us on social media, search for CNTW