



*Available at the
following
surgeries :*

**Danebridge Medical Centre
Oakwood Medical Centre
Firdale Medical Centre
Witton street Medical Centre
Middlewich Road Surgery
Weaverham Surgery
Watling St Surgery**

Member of



Home Visits Occupational Therapy



Northwich Primary Care

What is Occupational Therapy?

- An occupational therapist takes into account the mental and physical health of an individual.
- We gather insight regarding health needs and if there's any struggles with daily activities, such as leisure, self-care, and work activities.
- Occupational therapists help you with goal setting and are able to support you with achieving what's important to you.
- We consider your environment (workplace, home) and whether this supports your goals to then plan for your next steps.



Reasons for Occupational Therapy

Mental health and wellbeing support

Housebound Cognitive assessment

Falls Prevention

Vocational (Employment/
training/Volunteering) Rehab

Short-term support and self management
strategies for fatigue/ Long term conditions

How we can help



- Assess function and independence and promote activity



- Anxiety/Stress Management such as diaphragmatic breathing, and the calming hand



- If another service is better suited to your needs we can advise and support you to ensure you're aware of the help available



- Can support you with goal setting which may include managing self-care, getting out and about, finding or staying in work/education, or taking part in social/ leisure activities

