

# Are you experiencing any of these for the first time?



## Occupational Therapy in GP practices can help you by:

- Giving you time to discuss your difficulties with daily activities.
- Finding out what matters to you and set realistic goals together.
- Offering practical support, education and advice to help you manage your health and be able to do the activities that you need or want to do.

*“The tools and tips that having OT input has given me and the confidence in myself, has been life changing.”*

Book an appointment with an Occupational Therapist at your local GP Practice.

Scan here to find your local GP practice

