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

Feeling like life is beginning to slow

Difficulties with day to day activities

Persistent pain Women's health

Long covid

Tiredness

New diagnosis of a long term condition

Stress



Issues with sleep

Falls

Staying in or returning to work

## 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

