

Occupational Therapy

Occupational therapy focuses on an individual re-learning everyday activities in order to live an independently life as possible following a stroke.

We work to regain many skills and activities:

- ✓ Getting out of bed
- ✓ Washing and dressing
- ✓ Toileting
- ✓ Making hot drinks
- ✓ Preparing meals
- ✓ Individuals hobbies
- ✓ Returning to employment
- ✓ Returning to driving



Dressing Techniques with Affected Upper Limb

Additional equipment or minor adaptations may also assist with independence around the home. For example; toilet frames, commodes, rails for access etc.

An Occupational Therapists main aim is to get someone as independent as possible following a stroke. Community Stroke Team also works closely with external companies such as Millbrook and the Regional Driving Assessment Centre.

