

## Occupational therapy

### *Helping people to live life their way*

Occupational therapists are health and social care professionals who help people of all ages – babies, children, adults and older people – to carry out activities (or occupations) they need, want, or are expected to do, but are prevented from doing so as a result of physical or mental illness, disability, or as a result of changes in their lives as they get older.

Occupational therapists can suggest alternative ways of doing activities, providing advice on learning new approaches, helping people to get the most from life. For example, an occupational therapist can help people with the following activities:

<b>Self-care</b>	Getting dressed, preparing and eating meals.
<b>Productivity</b>	Going to or remaining in work, volunteering, studying, or caring for others.
<b>Leisure</b>	Playing sports, shopping with friends, or doing hobbies.

### How to find an occupational therapist

Ask your GP, nurse, social worker or other health or social care professional to refer you to an occupational therapist.

You can self-refer to a social services occupational therapist by contacting your local council\* to arrange an appointment.

To arrange a private consultation with an independent occupational therapist, who will charge you a fee, please visit [www.cotss-ip.org.uk](http://www.cotss-ip.org.uk) to find a local independent occupational therapist.

\*Social Care and Health Department of your local council in Scotland

\*Department of Health, Social Services and Public Safety in Northern Ireland

*For leisure, learning, living or working*  
**Occupational therapy**  
*Helping people to live life their way*



For more information about occupational therapy, visit the College of Occupational Therapists website.

**College of Occupational Therapists Limited**  
*The professional body for occupational therapy staff*

106–114 Borough High Street, London SE1 1LB

Tel: 020 7357 6480

**COT.org.uk**

The College of Occupational Therapists Limited is a registered charity in England and Wales (No. 275119) and in Scotland (No. SC039573)



Occupational therapy and **AGEING WELL**

*For leisure, learning, living or working*  
**Occupational therapy**  
*Helping people to live life their way*

College of  
Occupational  
Therapists



CON 0044

**Occupational therapy**  
*Helping people to live life their way*





## Occupational therapy and ageing well

### Continue to do what you want as you get older

## Occupational therapy and ageing well

You can still lead an active and fulfilling life as you can get older. There is no reason why signs of ageing should stop you from doing what you want to do. Ageing well is characterised by staying as independent as possible, having social contact and being able to pursue interests. An occupational therapist can help you age well and enjoy your later years.

## What is occupational therapy?

Occupational therapy enables people to participate in daily life to improve their health and wellbeing. Daily life is made up of many activities (or occupations). Occupations may include self-care (getting ready to go out or eating a meal), being productive (going to work or volunteering), and leisure (socialising with friends or doing hobbies).

## Occupational therapy can help you to:

### Remain independent

An occupational therapist can suggest ways that you can continue to take care of yourself, your home and garden.

They can show you different techniques that will conserve your energy and they can provide information about equipment or technology from tap turners or pickup sticks to sensors.

### Continue your social life

An occupational therapist can work with you to overcome barriers that prevent you from keeping in touch with family and friends. They can support you so you can participate in social activities and help you to build your confidence in different situations.

### Remain active

An occupational therapist can assess your physical activities and set goals with you to enable you to remain supple, as well as increasing your stamina. They can review your existing responsibilities and routines and provide advice on how you can continue to be active and healthy.

### Caring for others

An occupational therapist understands how a person's health condition affects them with daily living. They can guide you on the best ways to offer support with everyday activities. An occupational therapist will also consider your needs as a carer and recommend ways that ensure you are looking after yourself.



**Occupational therapy**  
*Helping people to live life their way*

**COT.org.uk**