

MS OT: Introduction

- Alison Newton, Senior Occupational Therapist in Wokingham Adult Social Care
- Talk about Occupational Therapy in general and then focus on the role of the MS Specialist Occupational Therapy within Wokingham Adult Social Care.

What is Occupational Therapy (OT)

- Occupational Therapists focus on the things you want and need to do in your daily life.
- OTs use everyday activities to promote health, well-being, and your ability to participate in the important activities in your life.
- You may not need OT now or in the future but if you do...

What an OT does!

Assessment:

- Medical and Social history, talk about your daily activities, interests and what challenges you are facing.
- Physical assessment of your daily activities to establish your strengths are and where you need some support. This will include how you move around in your home, e.g. how you get on and off your bed, in and out of the bath, climb the stairs or access your home.
- **Intervention plan** to improve your ability to perform daily activities and reach your goals.

Interventions

- Equipment to make daily tasks easier for you or your carer.
- Adaptations to your home to make it easier to complete your daily activities.
- Work with Remap to design off the shelf solutions.
- Working with and supporting both paid and informal carers
- Supporting with re-housing.
- Working with Social Workers, Housing services, District Nurses, Physios, GPs, charities etc.

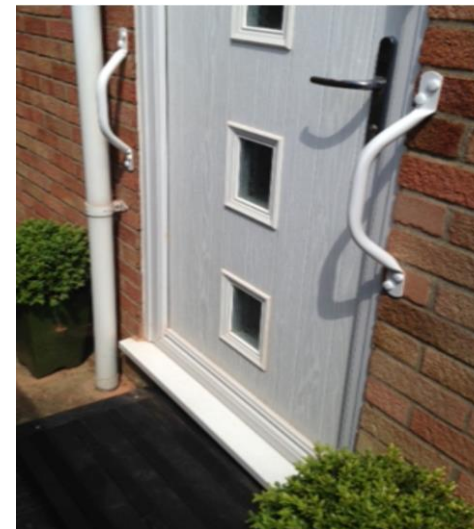
Benefits of MS specialist OT

- Wokingham is currently the only Local Authority who has an MS Specialist.
- **Continuity** – Aim to see the same OT throughout your MS journey. (NB not always possible but I do my best!)
- In-depth **assessment** using specialist knowledge. **Information and advice** specific to MS.
- **Close working with other professionals working with MS**- MS Nurses, Community Neuro Rehab Team, MS Society etc.
- Support during relapses
- Fatigue management strategies

Some examples of Equipment



Some examples of Adaptations



A few compliments I have received:

Alison has demonstrated more than once that she understands my needs better than I do, where my own assessment is hampered by unwarranted optimism and needless machismo. I have benefited greatly from Alison's realism.

***Great experience getting
the help I require at the
moment***

Alison has been and continues to be an absolute angel, she is always there for J and I and will always try to find a solution to any problems we have. Thank you Alison we really do appreciate you.

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Medicine adds
days to lives,
occupational therapy
adds life to days.

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"I can't do the things I want
and need to do" Piglet said.
"Then I'll teach you." Pooh
replied, "And if I can't then
I'll change the world
around you to make
it easier."

#OTWeek2021
#OTsForEquity
@keirwales
@KeirHardingOT

