



Southern Health
and Social Care Trust

Quality Care - for you, with you



Occupational Therapy Adult Disability Transition Team

What an Occupational Therapist does



We work with nurses, case managers, physiotherapists and speech and language therapists.



We help you to be more independent with the things you do everyday.



We want to help you to do the things you like!



We want to give you the choice to make your own decisions.

How an Occupational Therapist (OT) can help you



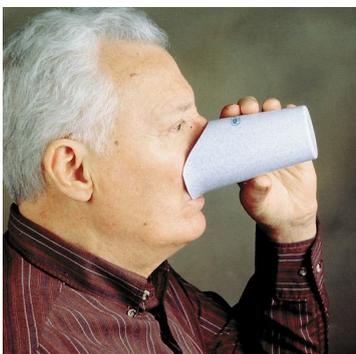
An Occupational Therapist can make changes where you live or work to make things easier for you.



An Occupational Therapist will help you learn to look after yourself getting washed and dressed.



An Occupational Therapist can decide if you need things to help you get around.



An Occupational Therapist can decide if you need things to help you eat and drink.

How an Occupational Therapist (OT) can help you



An Occupational Therapist can help you learn about money.



An Occupational Therapist can help you learn to cook.



An Occupational Therapist can help you learn to be safe when you are using the road.



Places an Occupational Therapist works



Your home



Your school



Day Centre



In the community



Ways you can meet a Occupational Therapist



You can talk to your family.



You can talk to your Case Manager.



You can phone an Occupational Therapist.
The number is 028 37564476