

## HOW DO OCCUPATIONAL THERAPISTS WORK?

We are part of the team of healthcare workers who care for people in their own community. We can see you in a clinic or visit you in your own home.

## QUALIFICATIONS:

We are fully qualified and CORU registered.



## TO ACCESS THE SERVICE:

You can access an occupational therapist publicly through your HSE Local Health Office or request a referral from your GP or other healthcare professionals.



## CONTACT US:

### Cork Primary Care Occupational Therapy Department

Block 34,  
St. Finbarr's Hospital,  
Douglas Road, Cork.

Tel: 021 4923194

### North Cork Primary Care Occupational Therapy Department

Floor 2,  
Mallow Primary Healthcare Building,  
Mallow, Co. Cork, P51Y8EC.

Tel: 022 52627

### West Cork Primary Care Occupational Therapy Department

Coolnagarrane,  
Skibbereen, Co. Cork.

Tel: 028 40520

### Kerry Primary Care Occupational Therapy Department

Rathass, Tralee, Co. Kerry.

Tel: 066 7199708

Web: [www.hse.ie/corkkerry/ot-for-adults/](http://www.hse.ie/corkkerry/ot-for-adults/)



## OCCUPATIONAL THERAPY ADULT SERVICE PRIMARY CARE



enabling people to engage in  
activities that give meaning and  
purpose to their lives



## WHAT IS OCCUPATIONAL THERAPY?

Occupational Therapy helps people to do the everyday things that they want to do or need to do when faced with a physical illness, injury or disability.

Occupational therapists use the term occupation to describe all the things we do to take care of ourselves and others; socialise and have fun, work and contribute to society.



- Advise on posture and wheelchairs.
- Self-management programmes for chronic conditions e.g. Parkinson's Disease, Muscular Sclerosis etc.
- Rehabilitation programme following stroke and other conditions.
- Offer support and education for families and carers on the management of disability at home.



## HOW CAN AN OCCUPATIONAL THERAPIST HELP YOU?

- Tips on managing everyday activities at home, particularly after an illness.
- Health promotion programme for older adults [www.hse.ie/ageingwellcork](http://www.hse.ie/ageingwellcork)
- Advise on preventing falls in your own home.
- Using memory aids and strategies to help you if you have problems with your memory.
- Advise on housing alterations to make you more independent at home.

