

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 professional.



OCCUPATIONAL THERAPY ADULT SERVICE PRIMARY CARE



CONTACT US:

**Primary Care
Occupational Therapy**
Block 34,
St. Finbarr's Hospital,
Douglas Road, Cork.

Tel: 021 4923194

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

Tel: 022 52627

**Primary Care
Occupational Therapy Service**
Coolnagarrane,
Skibbereen, Co. Cork.

Tel: 028 40520

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; and 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.
- 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.

