



WORK

‘Employment or work can be meaningful and important in different ways. It is a source of income, but can also be a source of enjoyment, pride and self-worth. If you are finding work a struggle, there are many steps that you or a friend/colleague/ employer can do to help you to manage your work role or daily routine. If your needs are more complex, or you are unsure how to manage your situation at work, you can ask for an Occupational Therapy assessment’ (RCOT 2022)

Support from an Occupational Therapist

- An Occupational Therapist will discuss with you your strengths, capabilities, and health needs.
- They will find out what you want and need to be able to do to find, remain or return to work.
- They can complete Fit Notes or Health and Work reports.
- They can provide advice on self-management, a graded return or minor modifications or adjustments to enable work.

Arranging to see an Occupational Therapist

- If you have a Belper GP speak to – reception staff at the surgery, a GP or a health care professional within the practice who can arrange an appointment.
- A First Contact Practitioner (FCP) Occupational Therapist works at Babington Hospital, within the Outpatient physiotherapy department.

Occupational therapy