

Lothian Community Neuro - Rehabilitation Service Occupational Therapy

Information for people who access our service

Who are we?

We are occupational therapists that are based at the Astley Ainslie Hospital working in the community across the Lothians. We work with people with a new or existing neurological condition to support their rehabilitation.

What is occupational therapy?

As occupational therapists, we focus on a broad range of activities and how your condition may be impacting on your ability to carry these out. We explore what matters most to you and build an action plan together. This can ensure your rehabilitation focuses on what's important to you and allows you to monitor your own progress.

This may include:

- **Personal care** e.g. how you look after yourself, how you look after your home, how you get out and about and where you like to go.
- **Productivity** e.g. getting back to work or studying, and/or keeping you in work.
- **Leisure** and other activities or things that you like or want to do.

What happens when we meet?

Our initial conversation is to get to know you and hear about:

- What's been happening and what you might be worried about.
- How you are currently managing.
- What you are still able to do and what strategies are working well.

This can also involve the people that matter to you.

Our input may involve supporting you to do things differently, helping you to change the task or your environment and connecting you to your community.

The work you do in your own time is just as valuable as one to one input with a therapist. This is called supported self-management.

Where will we meet you?

We can meet face to face (at your home or in clinic), online video call or telephone call depending on your needs.

What happens next?

We will contact you to arrange an appointment. Before your appointment, it would be helpful for you to think about your hopes for the future.

Contact us

If you have any questions or concerns, please contact the occupational therapy service:

0131 5379089

Core working hours are Monday to Friday 8.30am to 4.30pm.

**Lothian Community Neurological Rehabilitation Service
Astley Ainslie Hospital
133 Grange Loan
EH9 2HL**

In the event of an emergency, please contact your GP directly, phone 999 or NHS 24 on 111.

Occupational Therapist

Appointments
