

# Occupational Therapy in Rheumatology

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## What is Occupational Therapy?

Occupational Therapy focuses on how your condition impacts on you and your ability to carry out day to day activities. We will look at your difficulties and help identify practical solutions or advice. We may recommend equipment, provide splints to support your painful joints or suggest hand exercises. We can also provide support regarding your employment.

## Why do I need to see an Occupational Therapist?

If you feel any of these areas are affected by your condition then you would benefit from an assessment by Occupational Therapy

- Pain in your joints in particular your hands
- Leisure/hobbies
- At work
- At college/university
- Caring for your baby/pregnancy
- House work/kitchen activities such as making meals
- Taking care of personal hygiene

## What happens at my first appointment?

Your first appointment may last approximately 40 minutes. We will ask a number of questions to establish how your condition affects your ability to carry out everyday tasks you wish to do. Through discussion with you we will agree a plan of treatment.

If you are still unsure whether you would like to see an Occupational Therapist ring **0113 392 4523** and the reception staff will arrange for you to speak to an Occupational Therapist.

*Please use this space to write down anything you would like to discuss with your Occupational Therapist at your appointment*