**Assessment**

The Occupational Therapist (OT) will spend time getting to know you, seeing how you manage, and finding out what is important to you. They may talk to other people who know you, so that they can find out more information and support you.

Once this is done we can start to work on how you carry out these activities.

If you would like to find out more then please contact the Occupational Therapy Team:

Write to us at:
30 Coleridge Road
Walthamstow
London.
E17 6QU

Call us on:
020 8521 0337
Occupational Therapy

Occupational Therapy is about enabling people to carry out activities to the best of their ability.

What Occupational Therapy can help you with

This depends on what is important to you and what you find difficult.

Some examples are:

Taking care of yourself

Housework

Leisure

Community Skills

We can also look at:

- Work — carrying out tasks and responsibilities.
- Identifying suitable housing with the necessary support.
- Building confidence — e.g. when you go out.
- Give guidelines to the people who support you, so that they can help you develop skills and become more independent.