

How Occupational Therapy can help

where will I see you?

We can see you wherever is most appropriate for you: at the Hospice, the Beacon Centre, or in your own home.

how can I contact an Occupational Therapist?

If you are already a patient under the care of Phyllis Tuckwell, you can ask for a referral from whichever member of the multi-disciplinary team you currently see.

If you are not already seeing a member of the Phyllis Tuckwell team, you can ask your GP or Community Nurse to make a Phyllis Tuckwell referral.

do I have to pay for services from Phyllis Tuckwell?

No, all services offered by Phyllis Tuckwell are free. As a charity we are dependent on the local community for their generosity and financial support. We only receive 20% of our funding from the NHS/Government and therefore we have to raise over £20,000 a day to provide all our services. If you would like to make a donation, please ask a member of staff, or visit our website. Thank you.

Theresa Hopwood

Lead Occupational Therapist
01252 729439
theresa.hopwood@pth.org.uk

Catherine Fortescue

01252 729439
catherine.fortescue@pth.org.uk

Lisi Pilgrem

01252 729417
elisabeth.pilgrem@pth.org.uk

Olga Monje-Fierro

01252 729417
olga.monje-fierro@pth.org.uk

Liz Faulkner Manning

01252 913066
liz.faulkner-manning@pth.org.uk

Tori North

01252 913066
tori.north@pth.org.uk

**Large print version
available on request.**

Phyllis Tuckwell Hospice Care
Waverley Lane, Farnham
Surrey GU9 8BL

The Beacon Centre,
Gill Avenue, Guildford,
Surrey GU2 7WW

Phyllis Tuckwell Memorial Hospice Ltd.
Registered Number 1063033. Registered Charity Number 264501.

Tel: 01252 729400

Email: mail@pth.org.uk

www.pth.org.uk



Catherine - Therapy

February 2020



how can an Occupational Therapist help me?

Carrying out everyday activities is important to your wellbeing. We will help you to continue your day-to-day life as normally as possible.

We will discuss with you any difficulties that you may be experiencing with:

- *Looking after yourself.*
- *Looking after your home and family.*
- *Coping with symptoms that affect what you are able to do.*
- *Continuing your work, leisure and social activities.*

what kind of problems can an Occupational Therapist help me with?

You may be experiencing problems with simple activities, such as;

- getting in and out of bed
- getting on and off the toilet
- feeling breathless when going up and down stairs.

Or they can be more complex, such as:

- difficulty sleeping because of anxiety or depression, resulting in fatigue and reduced quality of life
- coping with ongoing changes in your abilities as your illness progresses.

what types of solutions will be suggested?

We will talk with you to understand your priorities and find solutions to the difficulties you may be having. This may be by:

- obtaining equipment to help,
- finding a different way of doing things,
- suggesting new ways of coping.

Some common symptoms we can help with are:

- Fatigue
- Anxiety
- Breathlessness.

As well as one-to-one sessions, we run groups for patients and carers to learn more about common symptoms you are experiencing and to suggest strategies to cope with them.

Ask for the information leaflets about our Living Well sessions or speak to your therapist.

can an Occupational Therapist arrange for me to have equipment at home?

If you need equipment to keep you safe and independent at home, or to be discharged from our In-Patient Unit, we can co-ordinate that.

Depending on your situation, we may:

- arrange a free loan of equipment from the County Equipment Store,
- arrange for local technicians to install rails,
- give you advice and information on buying or hiring equipment privately,
- refer you for specialist equipment.

We regularly work together with our colleagues in the NHS, Social Services and specialist teams to make sure you get the best occupational therapy care possible.