

## Leigh House Hospital



### What is it?

When a young person becomes unwell or is experiencing difficulties with their mental health many areas of their life may be affected. A young person may feel unable to do the things that they want and need to do such as concentrating on things, looking after themselves, speaking to others and enjoying hobbies or interests. Occupational Therapists, also known as OTs work with young people at Leigh House to enable them to regain, maintain and develop the skills required to lead a full and satisfying life.

### What will Occupational Therapy look like for me?

#### Meeting the OT Team



It's likely that you'll meet a member of the OT team informally on the ward at first. We like to help out with daily tasks and enjoy being in communal areas with all the young people. You'll be allocated a specific member of the OT team who will offer you a time for your initial assessment.

#### Individual assessment



Your first formal meeting with the OT team is known as an 'initial assessment'. This type of assessment can take up to an hour and will be on a 1:1 basis with your allocated OT.

This time is used to get a better understanding of you as an individual and how your condition or symptoms have been affecting your life. We like to find out about your daily routine, likes and dislikes as well as how you were managing activities of daily living such as personal care and being out in the community.

You may be offered additional specialist assessments following this meeting if your OT feels this may be useful. We have specialist assessments designed to help us understand how you manage cooking and eating, sensory processing and group situations.

All of the information we gather from you during the assessment period will help us to devise an OT plan.

# Occupational Therapy Plan



This plan will be individual to you and your personal goals for OT. It is likely to contain a range of group and individual sessions as well as specific activity encouragement on the ward. OT is about working on areas that motivate you as well as suggestions we receive from the MDT so we will go through your plan with you and ensure you're happy with it.

## Groups



OT groups tend to be practical and focusing on skill development as well as offering opportunities to take part in enjoyable activities. Some examples include community skills, sensory workshops, allotment, arts, pets as therapy, relaxation, cooking and baking. By working with others in group sessions, young people have an opportunity to develop social skills, gain support and share experiences.

## Occupational Therapy Individual Sessions



Individual sessions may also be offered to focus on particular issues that cannot be addressed within the group programme. A wide range of topics are covered depending on a young person's priorities and areas of difficulty; these may include setting goals for the future, self-care, improving independent living skills, looking at life balance, managing emotions and symptoms effectively outside of hospital.

"Using the bus gave me a sense of freedom and a taste of everyday life".

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