About occupational therapists

Occupational therapists are employed by your local Health and Personal Social Services Trust. Occupational therapists understand disabling conditions and how disability impacts on a person's life S/he understands the role that your living environment has in helping or hindering your every day living

Occupational therapists promote housing that is designed to help with productive and enjoyable living. Key to this is the removal of environmental barriers that restrict the way people are able to live their lives

What will the occupational therapist do?

The occupational therapist will normally visit your home to gain an understanding of how your home either helps or creates difficulties for your every day living. S/he will usually observe the activities with which you have difficulty so that the exact nature of the difficulty can be identified

Following the visit the occupational therapist may recommend:

- alternative ways of undertaking the activity
- the use of products or equipment designed to overcome that specific problem

If these solutions can't overcome your problems, adaptation of the home or moving to alternative housing may then be considered.

What happens next?

The occupational therapist will assess the best solution to your problems taking into account your circumstances. If equipment is required the occupational therapist will provide it and ensure that you are trained on how to use the equipment properly

If an adaptation is equired the occupational therapist will reccommend this to the Housing Executive or housing association. The occupational therapist will then inspect the adaptation when work has been completed to ensure that your adapted home is adequate for your needs.