



Adults Occupational Therapy Team

Adult Services and Wellbeing

Our Vision:

*“People are supported to **live their largest life**. We will always be **kind and compassionate, creative and bold** in helping people achieve their hopes and dreams. **People are at the heart** of all we do and they will **feel valued** and have an **equal voice** in their care and support. We will always **respect people’s strengths** and support them to be **connected to their communities**.”*

At the heart of this approach is a commitment to cultural competence, anti-racism and having **equality, diversity and inclusion** as the golden thread of Adult Social Care practice.

Contents

| | |
|---------------------------------------|----|
| What is Occupational Therapy? | 2 |
| How we work | 3 |
| Who is the service available to? | 4 |
| What the team will do | 5 |
| Better Lives Hubs | 6 |
| When we are unable to meet your needs | 8 |
| Making a referral | 10 |



What is Occupational Therapy?

Occupational therapy **empowers** you to live **your best life** by enabling you to do the things that matter most to you. Whether it's addressing challenges with everyday tasks or activities—referred to as 'occupations'—**we're here to help**. These might include getting dressed, leaving the house, or even something as simple as washing the dishes.

The Adults Occupational Therapy team operates under the principles of the Care Act 2014, focusing on **promoting independence and well-being** while aiming to prevent, reduce, or delay the need for formal care and support.

What does an Occupational Therapist (OT) do?

OTs look beyond diagnoses and limitations, focusing on **your hopes and aspirations**. They consider the connection between your daily activities—your occupations—the challenges you face, and your environment.

Together with you, they develop a personalised plan of goals and adjustments that is practical, achievable, and tailored to your needs. This **collaborative approach** helps you overcome barriers and achieve the breakthroughs needed to enhance your everyday life.

This support can give people a **renewed sense of purpose**. It can also open up new opportunities and change the way people feel about the future. For more information, please look at the Royal College of Occupational Therapy website,

<https://www.rcot.co.uk/>.

How we work

The Adults Occupational Therapy service supports Calderdale Council Social Care's vision by:

Listening to You: Understanding the areas of daily life where you need support.

Assessing Your Needs: Speaking with you and your support network by phone or visiting your home to explore how changes to your environment or daily routines could help you complete tasks more safely and independently.

Finding Practical Solutions: Collaborating with you to identify ways to engage in the activities that are important or necessary to you.

Providing Support: Offering advice, equipment, or recommending adaptations to reduce the impact of illness or disability on your health, well-being, and independence.

Supporting Caregivers: Giving advice, equipment, or recommendations to help those caring for you do so safely and effectively.

Who is the service available to?

People residing in the Borough of Calderdale

Adults aged 18 and over

Those experiencing difficulties or an inability to carry out daily living tasks in and around their home

People at risk of injury while performing tasks at home

People at risk of hospital or residential care admission due to challenges in managing a long-term condition or changes in functional abilities not caused by acute illness

Social care needs assessments are available for those paying Council Tax to Calderdale. People of Calderdale who are currently living out of the area are also eligible for assessment. In such cases, a mutual agreement may allow the host authority to carry out the OT assessment. Health-related needs are addressed by the area where the individual is registered with a GP practice

Anyone referred to Occupational Therapy must be aware of and consent to the referral. If the individual lacks capacity, the assessment must be determined to be in their best interests.

What the team will do

- Engage with people in the community proactively, ensuring support is timely, person-centred, and responsive to their needs.
- Deliver the Calderdale OT service as part of the appropriate care pathway, prioritising those at the highest risk.
- Take a proportionate and least restrictive approach when advising, guiding, and demonstrating alternative methods for completing daily activities.
- Promote independence by providing information, advice, environmental modifications, alternative techniques, and, where appropriate, arranging specialist equipment or adaptations.
- Utilise a wide range of specialist Occupational Therapy knowledge and skills.
- Conduct moving and handling assessments that prioritise dignity, choice, and control, particularly where other services are not best suited to meet these needs.
- Offer tailored guidance and advice to formal and informal carers on safe and effective moving and handling techniques, including single-handed care when suitable.
- Collaborate with key partner organisations to achieve the best possible outcomes for people.
- Operate within the professional standards and boundaries outlined by the Health and Care Professions Council (HCPC) and the Royal College of Occupational Therapists (RCOT) Code of Ethics and Conduct.
- Maintain professional documentation that complies with Calderdale Council's Data Quality Standards as well as HCPC and RCOT professional standards.

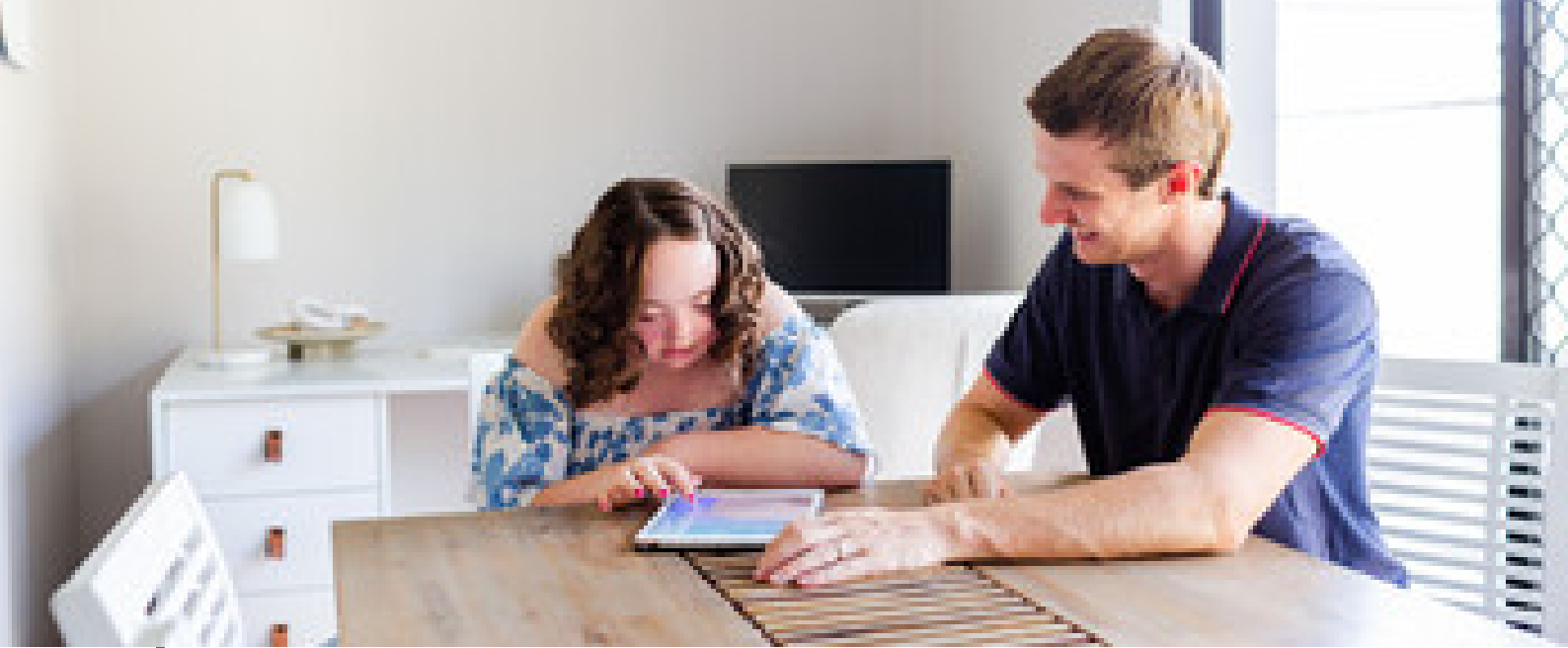
In Calderdale, social care Occupational Therapists (OTs) contribute significantly to the Adult Services drop-ins, the Better Lives Hubs. They serve as a key resource for helping people maintain their independence and quality of life. The hub operates under the principle of providing timely, practical solutions to meet a person's needs and prevent more intensive interventions. Here are examples of how OTs in the Better Lives Hub work:

Early Intervention and Prevention:

Advice Clinics: OTs provide practical advice on managing everyday activities, such as tips for energy conservation, safe transfers, and fall prevention strategies.

Self-Assessment Tools: They guide people in using self-assessment tools to identify suitable adaptations or equipment, empowering people to take proactive steps toward independence.





On-the-Spot Equipment Provision: The hub has a range of assistive devices, such as perching stools, raised toilet seats, or bath boards, that OTs can demonstrate and issue directly to people.

Guidance on Assistive Technology: OTs advise on using technology like alarm systems, motion sensors, and smart home devices to enhance safety and communication for those with mobility or cognitive challenges.

Signposting and Community Engagement

Linking to Community Resources: OTs connect people to community-based services like exercise programs, local support groups, or social activities to combat isolation and promote mental health.

Promoting Volunteer Services: They highlight resources like Calderdale's Handyperson Service for small repairs and home adjustments.

When we are unable to meet your needs

The Adult Occupational Therapy team may not always be the most appropriate service to meet your needs in the following circumstances:

Health-Related Needs

People receiving Continuing Health Care funding or whose needs are primarily health-related, including:

Preventing hospital admission for those potentially acutely unwell (referrals should go to the GP under the NHS Act 2006).

Postural seating assessments focused solely on managing pain or pressure care.

Requests for rehabilitation or therapy programs (refer to the Support and Independence Team).

Mental health crises, which should be directed to the Single Point of Access (SPA) for mental health

Specialist Team Involvement

People already supported by another partner Occupational Therapy service or specialist team, such as:

Learning Disabilities Team

Mental Health Team

Neurology Outreach Team or Hospice Team

Hospital OT Team

Falls Team

District Nursing Teams

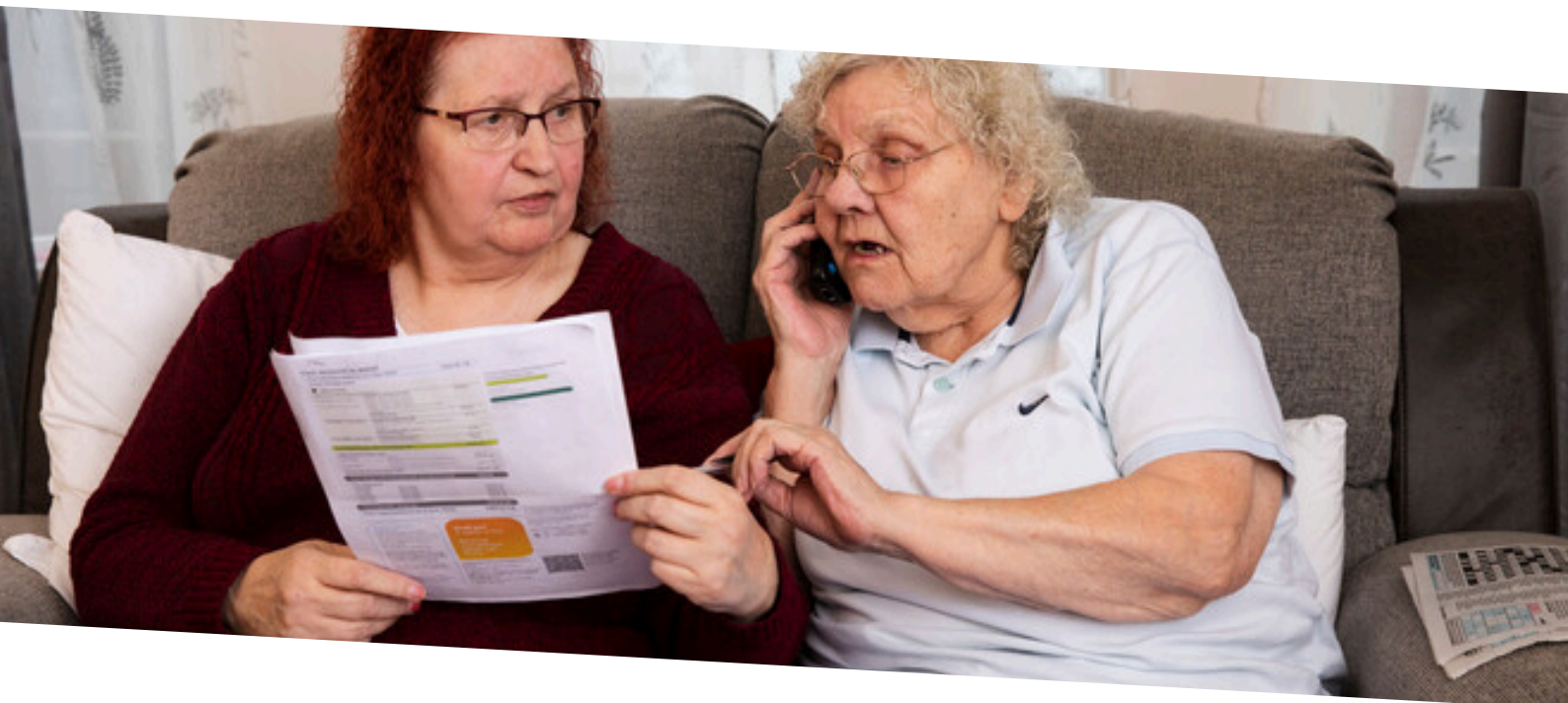
(Calderdale Council OT may collaborate on major adaptations when necessary).

Specific Assessment Needs

Solely requiring a wheelchair assessment (refer to the appropriate wheelchair service).

Solely needing a mobility assessment (refer to the Support and Independence Team).

Requests for re-housing assessments where the illness or disability does not significantly impact functional skills or indicate a clear need.



Other Considerations

People with potential for improvement through therapy-led rehabilitation (refer to the Reablement Team).

Manual handling equipment or care plan checks in care homes where a staff member with appropriate training is competent to make adjustments, and the equipment required is standard rather than specialist.

For needs falling outside these criteria, alternative pathways may be more suitable, ensuring individuals receive the right support from the right service.

Making a referral

How to make a referral to the Adult Occupational Therapy Team

To refer to the Adults OT Team please contact Gateway to Care at:

Phone: 01422 393000

Hours: Monday–Thursday, 8:30 am–5:30 pm; Friday, 8:30 am–5:00 pm

Email: Gatewaytocare@calderdale.gov.uk

Website: Visit Calderdale's Community Information Directory | CalderConnect - Advice for Adults for more information.

Please note, that there may be a wait for an assessment by an Occupational Therapist. Details about individual circumstances will be collected, and requests will be prioritised based on urgency and need.

Don't want to wait?

You can find information and advice on purchasing your own equipment on the Calder Connect website- [Calderdale's Community Information Directory | Equipment](#)

For information and advice on home adaptations please visit - [Calderdale's Community Information Directory | Changes to your house](#)

For more information about the Disabled Facilities Grant (DFG) please visit Foundations: [AdaptMyHome](#) or [Disabled Facilities Grants: Overview - GOV.UK](#)

If you prefer to pay privately for an Occupational Therapy assessment, several independent Occupational Therapists offer private assessments for specialist equipment and adaptations for a fee. [Find an occupational therapist RCOTSS-IP](#). Before agreeing to a service from a private practitioner, please make sure to verify their registration on the HCPC register [Check the Register and find a registered health and care professional](#).

Contact Details for Other Therapy Teams;

Calderdale Single Point of Access, Mental Health (SPA) - 01924 316000

Wheelchair Service - 01422 376645

Mental Health Occupational Therapy Team - 01422 262358

Learning Disability Occupational Therapy Team - 01422 363561

District Nursing Team - 01422 652291