

Adult Community Occupational Therapy

Aims, objectives and pathway

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Adult Community Occupational Therapy (ACOT)

Aims

Occupational Therapy aims to help people live more productive lives. It enables people with disabilities to carry out essential activities, with the aim of maintaining or improving independence.

Occupation means any way in which people spend their time, from personal care to productivity such as paid or unpaid work, housework and education to leisure such as games, sports, hobbies and social activities.

Occupational Therapists within Croydon's ACOT service are integrated into 6 locality teams and work closely with social workers, health and wellbeing officers and their team manager. We provide a service for people aged 18 years or older and we receive referrals via the Croydon Adult Support Team, inter-professionally, out of borough professionals or directly to the ACOT Duty Desk. Internal referrals can be completed on Liquid Logic by; selecting files under the person's record, then documents and start form 'OT Referral'. Once you have completed the form in full, send to OT which will task the form the ACOT Duty.

We can help with or provide information about:

- Raising the height of the bed/chair so that standing up is much easier for a person with stiff, painful hips and knees
- Making a home safer for getting around by, for example, the installation of hand rails and ramps
- Reducing anxiety and helping people raise their confidence about getting around or managing their disability
- Obtaining appropriate support and helping people to connect to other relevant agencies
- Assisting carers to continue to maintain their caring responsibilities.

Objectives

- To provide information and advice to people with short-term or long-term conditions and their carers/families on equipment provision, purchase and minor & major adaptations.

- To carry out assessments for people aged 18+ to identify their functional needs and that of their carers. These assessments can relate to simple needs, specialist needs, moving and handling situations, seating requirements and housing needs. We then work with individuals and carers to recommend solutions such as specialist equipment or major adaptations or onward referral to other specialist services such as social prescribing.
- To work in partnership with other statutory, provider and voluntary services within the locality and beyond on transfers of care and supporting people in their own home, so that we deliver good outcomes for people in Croydon.
- To continually improve the service by monitoring and reviewing in partnership with local authority and health colleagues to ensure we deliver a quality service with best practice being key to everything we do.
- To improve the health and social wellbeing of adults with short and long-term disabilities, by improving communication with adults and carers, developing the service options available to meet needs, ensuring priority needs are met, quality services are provided and best use is made of available resources.
- To facilitate discharges from hospital by working in partnership with the acute hospital discharge team offering advice and support to professionals and carers to ensure a responsive transfer of care for people back into the community.

Service description/care pathway

Adult Community Occupational Therapy Service aims to provide service aims to provide a person-centred approach for people over the age of 18, which includes people with physical & mental disabilities, sensory needs and older people.

We work with the person and their carers to enable them to regain and maximise their full potential as their condition allows, reduce risk or offer support for people during end of life care. Some adults with long term conditions may require case managing – for example, multiple sclerosis.

Intervention is offered at the most appropriate suitable place ideally of the adult's/carer's choice as part of a personalised programme of support and care.

Service Structure

The Adult Community Occupational Therapy service structure currently includes staff within each of the 6 locality teams (this is currently being reviewed) and the major adaptations unit, supported by business support, a Clinical Lead and Occupational Therapists. The Clinical Lead also has additional responsibility as the lead for all Occupational Therapists within Croydon Health Services NHS Trust. We work alongside Occupational Therapy staff in Croydon Health Services who are located at Croydon University Hospital and in the Community Health Teams

Service Pathway

Preventing hospital admissions, promoting discharge, preventing breakdown of care

- Initial contact/assessment
- Duty screening for reablement
- Short-term support
- Urgent interventions - replacement of equipment and moving & handling

Assessment

- Moving and handling and advice to professionals and carers
- Specialist seating assessment for individuals with postural support needs
- Simple packages of support – set up, amendment and closure
- Housing disability needs assessment
- Falls assessment and advice
- Contribution to other professional assessments
- Assessment of basic wheelchair needs
- Referrals to other services – such as more complex wheelchair needs

Information

- Advice to professionals on all equipment, major adaptations and moving & handling
- Written information – available in various forms
- Consultation directly with people and their carers
- Provision of information on partner/other agencies

Intervention

- Equipment provision (short and long term loan)
- Minor adaptations – rails, steps and other work to prevent falls
- Direct payments for equipment
- Major adaptations – major structural work to help keep people at home
- Electronic assistive technology equipment
- Short term reablement programmes to improve independence and confidence
- Advice and support for informal carers on moving & handling

Links

- People Department – Adult Social Care
- Place Department – Housing department
- Physical Disability and Sensory Impairment services
- Allied Health Professionals (for example, physiotherapists, speech and language therapists)
- Croydon University Hospital Accident and Emergency Department
- Croydon University Hospital Therapies Teams
- Integrated Care Networks and GP Huddles
- Wheelchair service