

Adult Community Occupational Therapy

ASCH, London Borough of Croydon

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 and Occupational Therapy Assistants/Technicians within Croydon's ACOT provide interventions in the person's home which could also include a Care home setting.

ACOT is an integrated service with a duty team, 3 locality teams and a Major Adaptations Unit and works closely with colleagues across Adult Social Care, CHS, Community and Voluntary Services. We provide a service for people aged 18 years or older and we receive referrals externally via the Croydon Adult Social Care referral portal or as an internal referral

We provide varied interventions which may include information, advice, equipment and/or adaptations to help maintain/promote/support a person's independence, prevent or delay the need for formal ongoing care and support, support carers to continue in their caring roles, risk assess, and risk manage, joint work with other agencies, referring on to appropriate services/agencies.

Examples of some interventions are found below:

- Provision of appropriate equipment to support a person to carry out daily living tasks with increased safety and independence
- Making a home safer for getting around by, for example, the installation of home adaptations (improving accessibility)
- Reducing anxiety and helping people increase their confidence with getting around their home or managing their disability
- Advice and information on techniques or strategies to managing tasks
- 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 strengths based and 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 from both CHS and Croydon Council as an integrated Service and located within each of the 3 locality teams (North, Central and South), the major adaptations unit, with functions such as duty and business support covering all areas. Operational management is provided by the Operational Clinical Lead Occupational Therapist and Locality/MAU OT Leads.

Occupational Therapy in Adult Social Care is supported and overseen by the Principal Occupational Therapist.

Service Pathway

ACOT supports residents who are in the community requiring non-rapid response Occupational Therapy intervention as guided by the Care Act 2014 and where there is a need to support an individual and their carer(s). The individual will need to be medically stable, have a long-term health or medical condition impacting on their function, living in the community (i.e. in their own home or a residential care home).

ACOT is not a rapid response service and does not provide Rehabilitation, Neurorehabilitation or Falls Therapy.

Referrals can be made via the Council portal and from the resident, the resident family member or friend, Health Professionals, other professional, member of the public (with the person's consent)

ACOT is also supported by Age UK (Croydon) under their Person Safety Project (PSP) where there are 2 x 0.5 Trusted Assessors who have been trained to provide less complex aids and minor adaptations. Support (Governance) is provided via a service level agreement, meetings with the team, equipment authorisations, equipment list of items they are able to provide and case discussions as and when they arise). ACOT may make referrals to the PSP or receive referrals where there are needs as agreed.

Some of the main functions completed by ACOT

- Processing of all referrals coming through to the service
- Duty Triage/Screening and prioritisations
- Assessment and Recommendation
- Provision of equipment
- Provision of minor adaptations
- Provision of major adaptations
- Short-term support (such as replacement of equipment, re-housing reports, joint work with other professionals to review residents, involvement in Safeguarding, CoP cases etc)
- Long Term support (Exploring home adaptations, complex moving and handling etc)

Assessment

- Moving & handling and advice to professionals and carers
- Specialist seating assessment for individuals with assessed needs
- Recommendation of care and support following OT assessment
- Housing disability needs assessment (at the request of Croydon Council Housing)
- Advice and Information regarding strategies and techniques to manage activities of daily living
- Contribution to other professional assessments and processes (i.e. Safeguarding, Social Work Intervention)
- Assessment of basic wheelchair needs (where appropriate and training has been undertaken)

- Referrals to other services as relevant

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 (tbc)
- Major adaptations – major structural work to help residents remain as independent as possible
- Exploring assistive technology equipment options and referrals such as for Environmental Controls
- Support and advice to improve independence and confidence
- Advice and support for informal carers

Links

- Adult Social Care & Health Services and Teams
- Housing Department
- Physical Disability and Sensory Impairment services
- Allied Health Professionals (for example, physiotherapists, speech and language therapists)
- Croydon University Hospital
- Croydon Health Service Community Therapies Teams
- Integrated Care Networks and GP Huddles
- Community Health Teams
- Wheelchair service
- Community Equipment Solutions (CES)
- Public Health
- Age UK (Croydon) PSP