



## Occupational Therapy in Darlington

### **Introduction**

Adult Social Care, Health and independent organisations work in partnership to support people within the local area to continue to live as safely and independently as possible.

Information, advice, and assessment are available for people who appear to have needs and others who support them. This may be as they get older, as an impairment impacts upon ability to manage everyday activities, or to support recovery after a period of ill health or hospitalisation.

### **Occupational Therapy can support by:**

- Providing information/advice on the telephone by Therapists working in the Adult Contact Team.
- Re-ablement support after an episode of ill health.
- Assessment of individual in their own environment.
- Support to develop ability/confidence in everyday life skill/activities.
- Advice regarding loan of equipment.
- Advice, inform or assist in altering the home to meet need.
- Advice/support to assist in moving to a more suitable accommodation.

### **What do Occupational Therapists do?**

The Occupational Therapy Service have trained staff who will support individuals to consider abilities and challenges you may be experiencing. They aim to maximise independence and safety.

Occupational Therapists work across Darlington for people of all ages in a variety of settings.



## **Adult and Childrens Social Care - Occupational Therapy Team**

Requests can be made to Adult/Childrens Social Care for an Occupational Therapy assessment for anyone with a disability or long-term illness.

The team offers assessment and considers your abilities and challenges. They will support you to identify ways of overcoming challenges which may include:

- Advice and information
- Signposting
- Equipment
- Advice on adapting your home.
- Support to apply for a Disabled Facilities Grant if recommended to fund agreed major adaptations  
<https://www.durham.gov.uk/homeimprovementagency>
- Information and advice on moving to more suitable accommodation.

### **How quickly are assessments carried out?**

All requests for assessment are considered individually and we aim to respond within 28 days with a phone call or letter.

Any urgent assessments will be carried out within 7 days of receiving your referral if the current criteria is met.

### **What you can expect from us**

- The Occupational Therapist will contact you, either by letter or phone, to arrange to visit you at your home.
- A strengths based assessment will be carried out to identify your abilities and any challenges
- Ways of meeting agreed need will be considered together, and a plan will be made.
- We can provide you with a copy of the Occupational Therapy support plan.
- We will not reduce or stop any service or take away equipment or adaptations without reviewing your needs with you.

### **Adult Referrals can be made via:**

**Telephone 01325 406111, please ask for the Adult Contact Team.**



**Children Referrals can be made via Children's Access Point:  
Telephone 01325 406222**

### **How can Occupational Therapy help?**

Once we have agreed with you what your needs are, they may be met in one of the following ways:

1. You (and your carer) may be provided with advice or information on the best ways to manage at home.
2. You maybe signposted/referred to a more appropriate service for you e.g. wheelchair services at Darlington Memorial Hospital.
3. Advice/support with re-housing.
4. Provision of equipment such as a commode and/or bath seat.
5. Minor adaptations such as grab rails and second stair rails maybe recommended along with other minor modifications.
6. Major adaptations including: stairlift, through floor lift, ramp, bathroom conversion.

### **What happens if it is recommended that I need a major adaptation?**

#### **Council Tenants**

Recommendations will be made to the housing department who will consider and action as appropriate in accordance to their Housing Policy.

#### **Housing Association Tenants**

Recommendations will be shared with your Housing Association. The adaptation may be funded by:

- Housing Association
- Successfully applying for a Disabled Facilities Grant
- Yourself

#### **Owner occupiers or private rented housing**

Recommendations would be made to Durham & Darlington Home Improvement Agency via the Disabled Facilities Grant.

#### **Durham County Council Home Improvement Agency**

<https://www.durham.gov.uk/homeimprovementagency>



Durham County Council Home Improvement Agency is a Home Improvement Agency, run in partnership with Darlington Borough Council. Its aim through the Disabled Facilities Grant is to help homeowners in Darlington who are disabled with essential repairs, adaptations, and improvements to their property, to enable them to continue living in their own home.

The Agency provides:

- **Financial Advice** - help with Disabled Facilities Grant eligibility and applications and access to other sources of funding.
- **Technical Advice and Assistance** - help with preparing schedules of work, planning permission and building regulation approvals, seeking quotations from contractors, and supervising the works while they are carried out.
- **Practical help** - with organising the work.

More information about Disabled Facilities Grants can be found in the <https://www.darlington.gov.uk/health-and-social-care/adult-services/living-independently/adaptations-and-equipment/>

## **Occupational Therapy for people with health needs – Re-ablement/RIACT**

### **For people in hospital**

After being assessed in hospital it may be identified that you would benefit from the assistance of the Occupational Therapist. The Occupational Therapist will work with you helping you to adjust to problems you are having and plan your return home with you, your family and other services as needed. Before you return home, a home assessment may be carried out to determine your needs.

### **For people at home**

Doctors, Health Visitors, District Nurses, and other health professionals may contact the Occupational Therapist in Social Care on your behalf.

## **Medequip Community Equipment Service**

If recommended by the Occupational Therapist equipment will be ordered from Medequip as a loan for you which is free of charge.



Should you no longer require the equipment you can contact them direct to arrange collection. Tel: **01325 524531**

## **Medical Loans Service**

The British Red Cross Medical Loans Service provides a variety of equipment on short term loan including wheelchairs.

**For further information contact 01913 841360/ 03004561915**

## **Contact Names and Addresses**

If you need assistance from Darlington Adult or Children Social Care in an emergency, after normal office opening hours please contact:

**Adult Emergency Duty Team on 01642 524552.**

**Childrens Emergency Duty Team on 08702 402994**

### **Durham County Council Home Improvement Agency**

Tel: 03000 268000

### **Darlington Association on Disability,**

Give information and advice

Darlington Association on Disability, 1P Enterprise House,  
South Entrance, Valley Street North, Darlington, DL1 1GY

Tel: 01325 489999

### **Darlington Memorial Hospital Occupational Therapy Service,**

Memorial Hospital, Hollyhurst Road, Darlington, DL3 6HX

Tel: 01325 380100

### **Housing Division**

Town Hall, Darlington, DL1 5QT

Tel: 01325 405333, ask for the Housing Department

### **Paediatric Service (Occupational Therapy Department)**

Memorial Hospital, Hollyhurst Road, Darlington, DL3 6HX

Tel: 01325 380100



**This document can be made available on request in Braille, large print, audio, electronically or easy read, also available in other languages. Telephone 0800 9172121**