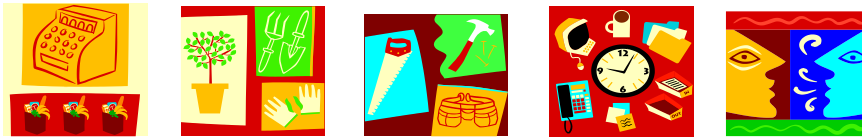


Gwent Rheumatology Occupational Therapy Service



Would seeing an Occupational Therapist help you to manage your condition better?

If you answer “**yes**” to any of these questions below, occupational therapy **WILL** be able to help.

Are you having difficulty with tasks at home or work?

Do you have pain which may be helped by either splinting or joint protection advice?

Are you having difficulty coping with your illness? Would joining a support group or just talking help?

Are you having difficulty relaxing or sleeping?

We offer a specialist service to rheumatology patients that includes:

- Activities of Daily Living assessments including advice on alternative personal care techniques and managing your home
- Work place assessments
- Self management skills
- Advice and education about maintaining relationships/ intimacy
- Relaxation and anxiety management courses. (Group or individual)
- Introduction to Aqua aerobics (use of local services)
- Functional hand assessments including grip strengthen and exercise. (May also include provision of prescribed splints)
- Joint protection advice
- Energy conservation techniques
- Fatigue Management Courses

How to access Your Occupational therapist (OT):

When you see your rheumatology consultant or nurse **ask** for a referral.

If you should have any questions about Occupational Therapy please contact:-

Karen Reynolds, Advanced Occupational Therapist for Rheumatology on 01291 636664

Occupational therapy = improving life style management

