

Neurological Rehabilitation Service  
**Occupational Therapy  
at the Oxford Centre for  
Enablement (OCE)**

Specialists in Neurological Rehabilitation  
and Management

Information  
for patients and  
their families



# Oxford Centre for Enablement

At Oxford Centre for Enablement (OCE), Occupational Therapists (OTs) work with people who are regaining their abilities, or adjusting to changed abilities, as a result of a neurological condition, such as a stroke or head injury.

The role of an Occupational Therapist is to support patients to do the things they want or need to do in everyday life.

At OCE, Occupational Therapy is tailored to meet patients' particular needs.

## **Our Occupational Therapists:**

- listen to patients to find out what they feel is important
- assess patients to understand what difficulties they are experiencing
- use a combination of education, practice, equipment, retraining and advice to help address the issues identified.
- Refer to, and liaise with, other specialist and community services, to enable patients to accomplish their goals.

## **Occupational Therapy may be delivered:**

- **on a daily basis** – as part of an intensive rehabilitation programme whilst in hospital
- **from time to time** – at our day hospital or outpatient appointment, with support increasing or decreasing as the patient's abilities change
- **at home** – to ensure that therapy is also relevant to a patient's usual environment.

# What does Occupational Therapy involve?

## **Getting out of bed**

An OT may advise on transfer techniques, and recommend equipment and appropriate help if getting out of bed is difficult to do alone.

## **Washing and dressing**

An OT may suggest ways of organising and planning the process of washing and dressing to minimise the effort involved.

## **Upper limb interventions**

An OT may help the patient practise specific activities to 'remind' the patient's brain and body about movements which have been forgotten.

## **Working on posture and mobility**

An OT may work with specialists to provide seating which supports a patient's posture and mobility.

## **Rest and pacing**

An OT may advise on fatigue management strategies and ways of structuring a patient's time to preserve energy.

## **Enjoying hobbies and interests**

An OT may help patients keep doing the things they enjoy, as well as trying new leisure activities in our workshop and leisure facilities.

## **Preparing and eating meals**

An OT may recommend equipment or strategies to make food preparation easier.

## **Accessing technology**

An OT may work with patients and refer to specialists to organise training and adaptations to enable the use of computers or other technologies.

## **Using transport**

An OT may help patients explore travel options, such as public transport, adapted vehicles and their ability to drive.

## **Working or volunteering**

An OT may support patients in returning to their job or identifying new opportunities; this may include referral to employment specialists.

## **Socialising with friends and family**

An OT may help patients to maintain relationships that are important to them.

## **Living independently**

An OT may enable patients to use the on-site, self-contained flat to experience and practise living independently before they leave hospital.

## Contact details

### **Oxford Centre for Enablement**

Nuffield Orthopaedic Centre  
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**[www.ouh.nhs.uk/occe](http://www.ouh.nhs.uk/occe)**

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