

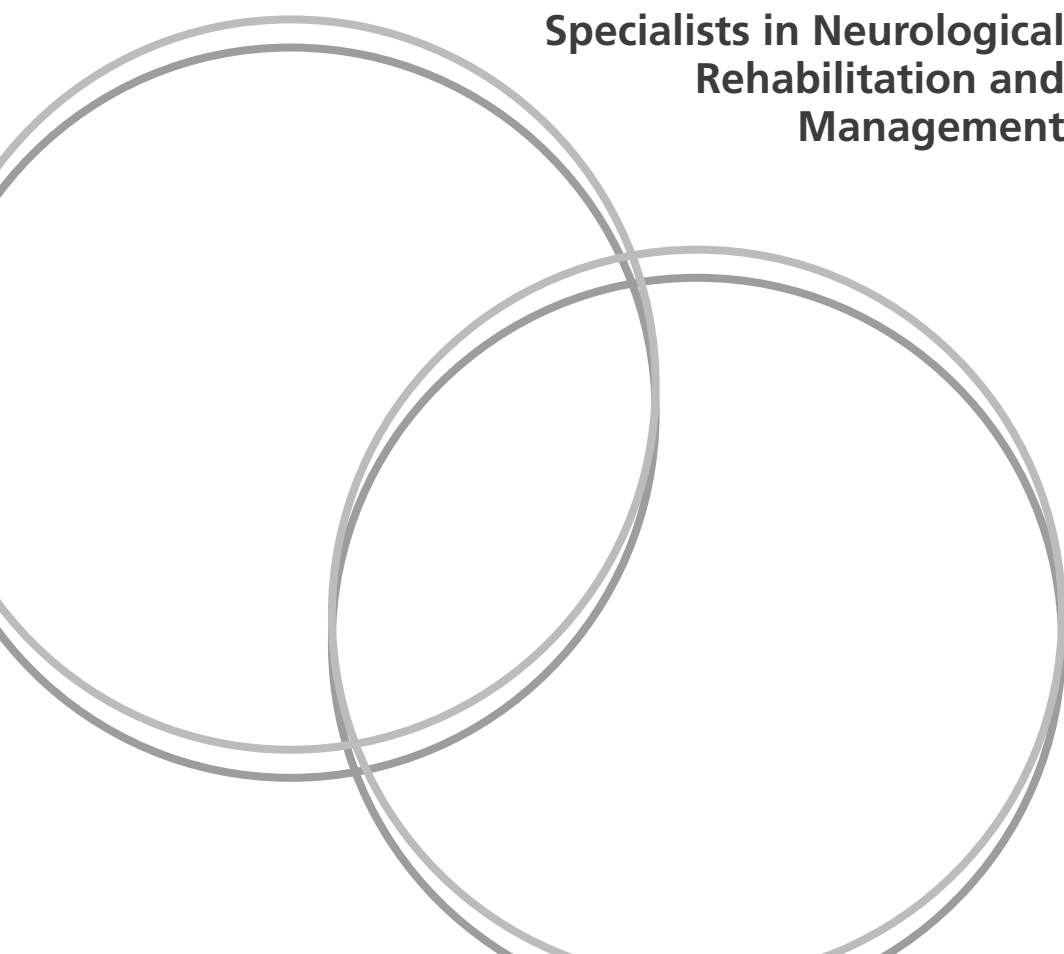


Oxford University Hospitals  
NHS Foundation Trust

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** – as an outpatient, 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, and advise on techniques or equipment to minimise the effort and increase independence.

## **ARM intervention**

An OT may help the patient practice 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  
Windmill Road  
Headington  
Oxford OX3 7LD

Telephone: **01865 737 382 / 01865 737 392**

Website: [www.ouh.nhs.uk/oce](http://www.ouh.nhs.uk/oce)



## Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust  
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