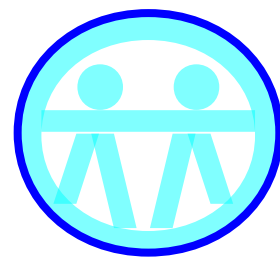


Minutes from the

# Self Advocate's Workshop

Bradbury Community Centre

Tuesday 1<sup>st</sup> March, 2011



Wokingham  
Learning Disability  
Partnership Board

## Occupational Therapy!

We welcomed everyone to today's workshop about Occupational Therapy (OT). Our guest presenters were [Sara John](#), [Gareth Williams](#) and [Sharon Wakefield](#) from the Community OT Team.



### What is Occupational Therapy (OT)?

OT offers a wide range of activities and support to help people keep healthy, feel good and stay independent. An Occupational Therapist is someone who works with people who have difficulty with their everyday lives - they may need help with things like dressing or getting to the shops. The OT helps them to find practical ways to deal with these problems, by teaching them new skills, or using some equipment, or changing their environment (space around them).



Big Government has written a white paper (a guide or plan) about Occupational Therapy and the NHS. Today was an opportunity for our Community OT Team to consult with our members. Our job was to listen to the services that the team offers, tell them what we think, and suggest ideas to make their service even better!



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Sara, Gareth and Sharon had put things into pathways (topics) to help people understand all the different things they offer. An easy way to remember the things they can help with is to use the word *'Therapy'*:

<b>T</b>	<b>Travel Training</b>
<b>H</b>	<b>Health &amp; Well Being</b>
<b>E</b>	<b>Environment &amp; Equipment</b>
<b>R</b>	<b>Rest &amp; Relaxation</b>
<b>A</b>	<b>Activities of Daily Living</b>
<b>P</b>	<b>Participation in the Community</b>
<b>Y</b>	<b>Your Life</b>



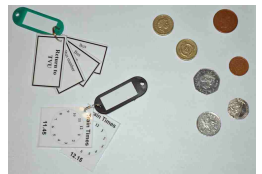
The OTs explained what each topic was all about, and then gave everyone a short survey to fill in. Each survey asked 1 or 2 questions, with space to add our ideas. After the workshop, the OTs will look at what everyone said and use the results to help make the OT service even better! The good news is that people liked what was on offer and had a few ideas of extra things that could be done (see below).



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## Pathway 1: Travel Training – Gareth

Travel Training helps people to get out and about on their own by walking, cycling and using public transport. Gareth shows people how to use pedestrian crossings, how to use a bus or train, and how to find the best route to places. He uses role play, pictures, and pocket-sized prompt cards to help people remember things like their walking route, or bus number, or the best place to cross the road etc. (People can show the cards to a member of the public if they get lost or confused.) Travel Training also teaches people how to handle money so they can buy their train ticket or pay the bus driver on their own, and teaches them about stranger danger and what to do if people ask them questions or they are scared.



### What did we think?

Here are some of our suggestions:

How to ring for a taxi.

Routes to college



How to get to the places we go to in the evenings.

Going to the airport

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## Pathway 2: Health and Well-Being – Sharon

This is about looking after yourself physically (your body) and mentally (your mind). It includes help with:

**Exercise:** A few years ago, Sara and Gareth ran Healthy Activity Days. They helped people try out activities such as fishing, canoeing, cycling etc. They made a booklet with details about the things they did – ask the OTs to see a copy.



**Health:** The OTs use lots of 'resources' (things to make life easier). For example a medi-pot to keep our medication in.



**Healthy Living:** Some people find it hard to look after their clothes and appearance, and go out socially. The OTs can show people what to do at home to get ready for a social occasion, and then help them when they are out – for example choosing from a restaurant menu.



**Relationships & Communication:** The OTs run sessions (with the help of the day centres) to help people improve their communication and social skills – things like Jabadao (a special type of story-telling activity for people who have profound disabilities).



**Being Safe:** OTs will visit people's homes to find ways to help make their lives safer and more comfortable - and also for the people that support them (for example, advice about how to lift people that have difficulty moving). OTs check equipment (like beds and hoists) and help with assistive technology (things like pendant alarms and gadgets to make things easier) – and soon they will be starting a special 'falls prevention' group, to help people who are unsteady on their feet.



### What did we think?

Here are some of our suggestions:

Help with relationships.

Help with exercise such as walking and swimming.



Help with shopping, cooking, and healthy eating.

Putting on make-up and making the best of ourselves.

Bereavement advice

### Pathway 3: Environment and Equipment

OTs can suggest ways to change the layout of people's homes, inside and out, to make life more comfortable and help them stay independent. Things like fitting grab rails, ramps and specialist bath equipment. If big changes need to be made (for example if someone can't manage stairs any more and need a downstairs bathroom fitted), the OTs will ask social services for an assessment and help get funding to pay for the changes.



### What did we think?

We didn't have any ideas to add to this pathway, apart from asking for help when we need it.

## Pathway 4: Rest and Relaxation

This is similar to the Health & Well-being pathway, but is more about how people use their free time. The OTs can help people access their favourite leisure activities, or maybe try some new ones.



### What did we think?

Here are some of our suggestions:

Walking



Going bowling

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## Pathway 5: Activities of Daily Living

This is about helping people to be more independent by teaching daily living skills – things like dressing, bathing, writing a shopping list and using the phone. Equipment and aids help people to do these things – things like kettle pourers and sticky coloured dots on electrical items (like a microwave or washing machine) to remind people where they should turn the dial.



### What did we think?

Here are some of our suggestions:

Budgeting (looking after my money)



Help with cooking

Learn to use electrical equipment

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## Pathway 6: Participating in the Community

This is about joining in with what is going on in the community! It can be our Learning Disability Partnership Board meetings, or doing things for other people. It could be things like taking part in sponsored walks (like the Red Nose Day sponsored walk in Dinton Pastures), or joining the library or conservation groups (looking after nature). You can get more ideas from the Healthy Activity Book.



Gareth will be starting an inclusive **Community Participation Group** soon where people can get to know their local area. For more information, talk to the OTs.



### What did we think?

Here are some of our suggestions:

Going fishing

Going to the airport



Learn about recycling

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### Pathway 7: Your Life – Sara

We all like to live life how we choose and it's important we are allowed to make our own choices. As people grow older, or after hospital treatment, they might need special equipment in their homes, or have their homes adapted. They might even need to move into a new home that is better suited to their health, sensory or mobility needs. The OTs will explain what changes need to be made, so the person can decide what is best for them.



### What did we think?

Here are some of our suggestions:

Help to move to my own home



Help to understand my illness

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If you would like the OTs to help with any of the things talked about here, you need to make a referral.  
To find out more, ring them on: **0118 974 6832**.



That was the end of our workshop!

**Our next workshop will be on:**  
**Tuesday 10<sup>th</sup> May, 10am–12noon,**  
Bradbury Community Centre



**We will be talking about ... Relationships!**