



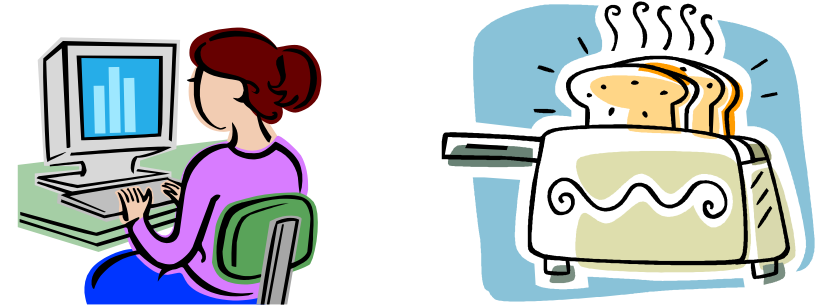
Stirling Integrated Community Mental Health Services.
Livilands Resource Centre.
Stirling Community Hospital.
Livilands Gate.
Stirling
FK8 2AU
Tel: 01786 446913

Referral Criteria:

In order to access occupational therapy within the Resource Centre a referral needs to be made via a GP or Consultant Psychiatrist to either the Recovery or Maintenance Team.

If you would like any more information on how to access the Occupational Therapy Service, please contact the Resource Centre Staff.

Occupational Therapy



at

Stirling Mental Health Resource Centre

OCCUPATIONAL THERAPY

Occupational therapy helps people live more satisfying and enjoyable lives. It's a way of helping you to do the things you want to, and thereby become much more independent.

Occupation means any way in which you spend your time from personal care (getting dressed, cleaning your teeth, shopping, washing); to productivity (paid or unpaid work, housework or school); to leisure (sports, games, hobbies, social life).

Our aim is to enable you to get the most out of your life despite any mental and physical health difficulties.

- **Do you struggle with getting out of bed in the morning?**
- **Are you lacking routine and structure to your day (e.g. work, rest and leisure)?**
- **Do you find it difficult to look after yourself and take care of the place where you live?**
- **Are you struggling trying to fulfil your role (e.g. parent, student, and worker)?**

- **Do you feel restricted by your home environment (e.g. unable to get out of bath, difficulty climbing stairs)?**
- **Are you afraid to use the cooker due to poor memory and concentration?**
- **Does your environment limit your independence (e.g.: unable to use public transport, unaware of support and general community resources.)?**

HOW WILL OCCUPATIONAL THERAPY HELP YOU?

- Occupational therapy begins with a close look at your lifestyle.
- It always focuses on what you want or need to achieve.
- We can teach new ways to cope with all kinds of tasks. It could be anything from personal care to peeling a potato or coping with stress.
- We also help people develop social and work skills.
- While activities as diverse as crafts and computing may be used to help restore self esteem, we also offer hundreds of practical solutions for people with specific physical problems.