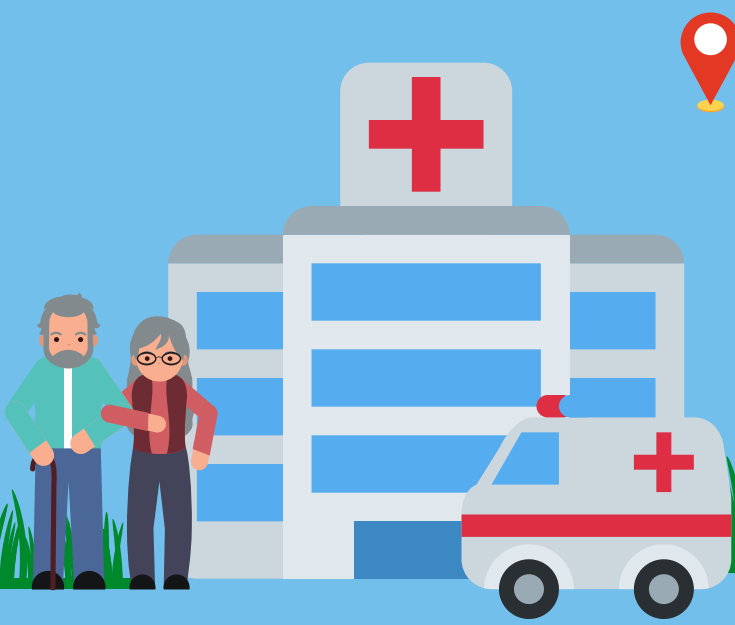


# The Role of an OT working in Older Persons Mental Health

Hi! My name is Holleigh and I am an Occupational Therapist working in a hospital for older people living with mental health problems. The people I work with have a range of mental health conditions including depression, anxiety and dementia. I help people to rebuild their lives after a mental health problem, and support people on their road to recovery!



When in hospital, we assess how someone is managing activities such as washing, dressing, cooking and feeding. We even do cognitive assessments!

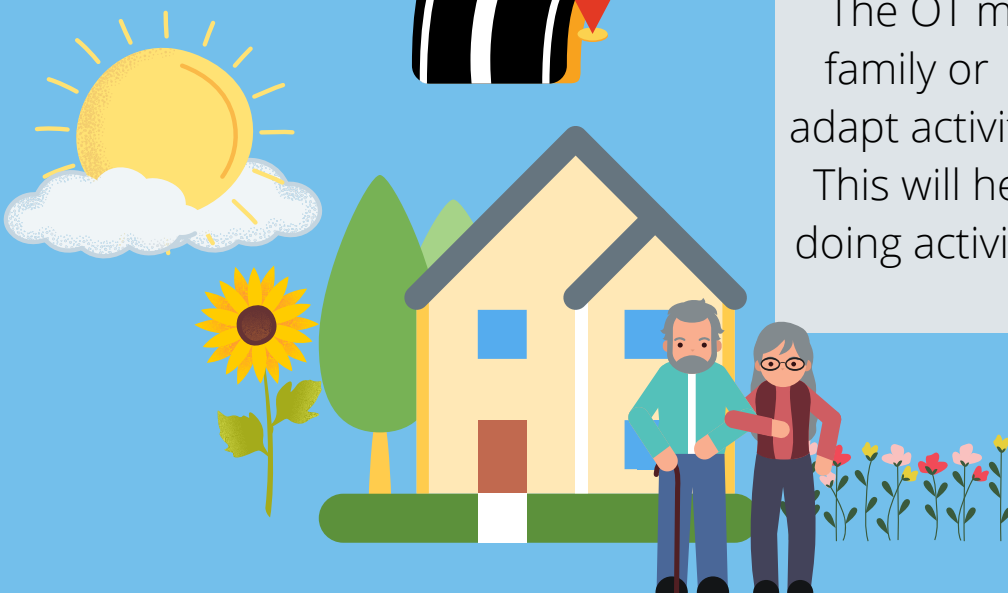
The OT may complete enjoyable activities with the person (e.g. crafts, cooking, dancing) to improve the persons mood and mental health and reduce their distress.

The OT may teach the person how to adapt their daily activities to enhance their independence.

The OT may teach the person techniques to manage their condition.

The OT may recommend support or equipment at home to enable the person to live as independently as possible

The OT may work with the persons family or caregivers to find ways to adapt activities to the persons abilities. This will help the person to continue doing activities which are important to them.



**An OT can help you live your life your way after illness or disability. We help you to do the activities that you need and want to do**

