

SERVICES

NEURO-OCCUPATIONAL THERAPY ASSESSMENT AND REHABILITATION



A neurological injury has devastating impacts on a person's ability to participate in life as they know it. We are passionate about maximising recovery. We will visit you at home and carry out an initial assessment to identify your main ongoing difficulties and establish how we can support your rehabilitation goals. We create bespoke therapeutic programmes to empower and support our clients to move forward in their recovery. We will also consider how to support you back to work or education if indicated.

OCCUPATIONAL THERAPY FOR SERIOUS INJURIES AND CHRONIC HEALTH CONDITIONS



Serious physical injuries or chronic health conditions can alter your ability to carry out the tasks and roles that you might want and need to do. We will consider how pain, endurance, strength, movement, bodily functions, medical issues, emotional needs, and the home/work environment impact your independence. We will offer a tailored plan to improve autonomy and participation in keeping with your goals and priorities.

OUR THERAPY PROCESS

Assessment allows us to gather information so that we understand the difficulties you are having with the activities that you want and need to be more independent with.



An **action plan** will detail what can be done to help you achieve positive change.

This might include:

- Practising movements, strategies or tasks to support recovery
- Learning new skills or new ways to approach activities
- Using equipment or technology to support you
- Prioritising what is important to you
- Learning how to pace yourself and re-energise
- Providing education to empower you to make informed change
- Accessing community services and support
- Grading community or work based tasks to assist with building confidence and stamina
- Linking in with family/workplace/education so your needs are understood
- Recommending alterations to your home environment
- Recommending accommodations to your place of work or education



Regular review allows us to monitor progress and prioritise with you to **reevaluate** the focus of our intervention.

VALUES

Heart

We care deeply about the people we work with and are passionate about supporting you to move forward.

Evidence

We base our intervention on evidence informed by our training, decades of clinical experience, use of specialised resources and ongoing professional development.

Authentic

We understand our own values and limitations and will always be honest about what our services are. We support you to set realistic goals, and we commit to these alongside you. We understand the importance of building rapport and trust and providing education to support this. We show compassion and empathy.

Reliable

We take accountability for providing the best service we can offer and being trustworthy and reliable in the process. We respect privacy, dignity and confidentiality and understand the need to communicate effectively to achieve the best outcomes.

Transformative

We support you to achieve positive and lasting change.

WHERE ARE WE BASED

The Active-OT service is directed by Hayley Green who is based in Solihull, she also works with a select group of associate therapists which means the service can be offered across South Birmingham, Warwickshire and the surrounding areas. Assessment and treatment will be provided in your own home or local community.

CONTACT US

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