

## **Neurosciences Occupational Therapy**

The Neurosciences occupational therapy team provides specialist assessment and treatment for patients who have a neurological condition (other than stroke who are seen by another specialist team)

The aim of occupational therapy is to maximise patients' abilities to carry out everyday tasks such as getting washed and dressed, making meals, leisure activities, driving and returning to work.

Patients are individually assessed and their needs identified. Treatment includes practice of the tasks that patients would like to be able to do independently. We also assess and treat the skills needed to carry out the task. These may include specific problems with movement, particularly arm and hand therapy, sensory retraining, learning how to cope with psychological problems e.g. anxiety or memory difficulties. We also consider the environment in which people live and may assess people in their own homes.

### **Where are we**

There is an in-patient and out-patient service based at York Hospital. A community service is provided in patients own home or within any other appropriate community setting for individual treatment e.g. work.