

Stroke Occupational Therapy

Stroke Occupational Therapists provide specialist assessment and treatment for patients who have had a stroke.

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.

Occupational therapists will discuss a treatment plan with the patients and together set the goals to achieve the best outcome.

Where We Are

The stroke service is based at York Hospital. We also work in the community. The occupational therapy hospital service for stroke is provided on the Acute Stroke Unit and the Stroke Rehabilitation Unit. In the community, patients are treated in their own home or other appropriate setting e.g. workplace.