

The Home First Independent Living Service at Sheffield City Council provides Occupational Therapy (OT) services through the assessment and provision of equipment and adaptations. The service complete work under the remit of The *Care Act 2014* to promote the independence and *wellbeing* of an individual and help to *prevent, delay, or reduce* the need for a person to access formal care and support.

ADULT SOCIAL CARE VISION

Everyone in Sheffield lives in a place they can call home, in communities that care, doing things that matter to them, celebrated for who they are and when they need it, they receive care and support that prioritises independence, choice, and recovery.



What Is Occupational Therapy?

Occupational Therapy can help you live your best life. It's about being able to do the things you want and need to do. That could mean helping you overcome challenges you may face when completing everyday tasks or activities – what we call occupations. These could be getting dressed, getting out of the house, or simply doing the dishes.

What Does an Occupational Therapist Do?

Occupational Therapists see beyond diagnoses and limitations to hopes and aspirations. They look at relationships between the activities you do every day – your occupations – alongside the challenges you face and your environment.

Then, they create a plan of goals and adjustments with you which is practical, realistic and personal to you as an individual, to help you achieve the breakthroughs you need to elevate your everyday life.

This support can give people a renewed sense of purpose. It can also open new opportunities and change the way people feel about the future (Royal College of Occupational Therapy).

How Can We Support You?

We can support you by:

- ✓ Listening to you to understand what aspects of daily life you need support with. Talking to you and your support network over the phone or seeing you in your home to identify if changes to your environment or the way you do things can help you to carry out everyday tasks, safely and more independently.
- ✓ Working with you to help find solutions which enable you to engage in the things you wish to or need to do.
- ✓ Providing information, advice, guidance, equipment or recommending minor or major adaptations which will help reduce the impact of illness/ disabilities on your health, wellbeing, and independence and ways of carrying out activities of daily living.
- ✓ Providing advice, equipment or recommendations which will help those that help care for you continue to do so in a safe way.
- ✓ With your consent, we will work with other agencies, when required, to achieve the above.
- ✓ Make recommendations and onward referrals for rehousing if a person's property cannot be adapted to meet their long-term needs.

In working with you we aim to

- ✓ Support you in a person-centred way, taking a proportionate and least restrictive approach and maintaining dignity, choice, and control.
- ✓ Work within professional boundaries under the Health and Care Professionals Council (HCPC) and the Royal College of Occupational Therapy (RCOT) Code of Ethics and Conduct.
- ✓ Offer the most appropriate assessment method, this may include self-directed, telephone or remote assessments, an invitation to our clinic, or in some cases a home visit.

Who Is This Service Available To?

- ✓ People whose ordinary residence is Sheffield.
- ✓ People over the age of 18 years (We have a separate access document for anyone under 18 years.)
- ✓ People who are having difficulty or unable to undertake daily living tasks in and around their home.
- ✓ People at risk of injury when undertaking tasks around their home.
- ✓ People at risk of admission to hospital or residential care because of difficulties managing a long-term condition or because of a change in functional abilities not

attributable to acute illness. (Please refer through Health, Single Point of Access, if you or the person you care for has experienced a suddenly decline in function)

Any person who is an ordinary resident of Sheffield, but out of area is eligible for an assessment of need. However, a mutual arrangement may be agreed where the host authority carries out the assessment.

Any person being referred to occupational therapy will need to be aware of and consented to the referral (or if the person lacks capacity, an OT assessment has been deemed to be in their best interests.)

When We Are Unable to Meet Your Needs?

The Home First Independent Living Service may not always be best placed to meet your needs where you are in receipt of continuing healthcare funding and for people accessing partner occupational therapy services. Examples are below: -

- ✓ Where you need walking aids, specialist bed, management of pain, pressure care, rehabilitation programme, specialist therapy to improve your functional skills, and/ or equipment to preventing admission to hospital due to an acute illness please contact your GP or Single Point of Access (SPA).
- ✓ Where you need a wheelchair assessment. This would be undertaken by <https://www.sth.nhs.uk/a-z-all-services/wheelchair-services/>
- ✓ Where your clinical and functional needs are best met by a specialist team such as Community Learning Disabilities team, Mental Health Team, Neuro Outreach Team/Neuro Enablement Service, Community Stroke Service, Integrated Care Team Therapy (which includes Falls Prevention), Integrated Care Team Nursing. *Where major adaptations are identified as needed, we would work jointly with clinicians from the services to support you.*

We do not usually become involved in referrals for assessments for re-housing where your health/disability does not significantly impact on your functional skills.

We will usually not become involved to review Moving & Handling Equipment and Care plans in a care home where there is a staff member who is deemed to be competent to carry out adjustments to a person's moving and handling plan.

How to make a referral to the Adult Occupational Therapy Team

Please contact Business Support on 0114 2714709, between 10am-12pm and 2pm-4pm, Monday – Friday or complete a referral at <https://www.sheffield.gov.uk/social-care/adults/adapting-your-home>

Don't want to wait?

You can find information and advice on:

purchasing your own equipment on <https://livingmadeeasy.org.uk/> since 1969 the DLF has been providing free impartial advice and information on solutions, gadgets, adaptations and aids to make life easier.

home adaptations please visit: <https://www.gov.uk/disabled-facilities-grants>

If you wish to pay privately for an Occupational therapy assessment, there are independent Occupational Therapists who do private assessments for specialist equipment and adaptations for a fee. Please ensure you check the HCPC register prior to agreeing a service from a private practitioner: <https://www.hcpc-uk.org/check-the-register/>

Contact details for other therapy teams:

Sheffield Teaching Hospital Single Point of Access (SPA) 0114 2266500

- Admissions Avoidance
- Integrated Care Team Therapy and Nursing

Wheelchair service 0114 2266833

Neurological Enablement Service 0114 2711132

Mental Health Team 0114 2263636

Community Learning Disability Team 0114 2261562

References

<https://www.rcot.co.uk/explore-resources/standards-guidelines/professional-standards-conduct-ethics>

<https://www.gov.uk/government/publications/care-act-statutory-guidance/care-and-support-statutory-guidance>