

## Primary Care Occupational Therapy Service

Occupational therapists are based in the practice. They offer a service to people aged over 16.

Occupational therapists (OTs) help people who have noticed that the everyday activities that they need or want to do are starting to become more difficult due to changes in their physical or mental health.

This could include activities at home (getting in the bath, getting dressed, cooking dinner, enjoying your hobbies), managing work (paid or unpaid, education, caring roles) or getting out and about in your community (shopping, socialising).

Information about how primary care occupational therapists may be able to help you and how to refer yourself is available

here: <https://www.nhslanarkshire.scot.nhs.uk/services/pcot/>