

Primary Care Occupational Therapy Team

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Dear

As you are currently off work or having difficulties at work due to changes to your health, you may benefit from accessing occupational therapy support to improve your overall health and wellbeing so that you feel able to remain in or return to work.

Occupational Therapists, based in your GP practice, work with people to help develop coping strategies for managing your health and wellbeing. We consider how your health is impacting on your ability to participate in activities that are important to you. This may include your work, hobbies, your daily responsibilities and looking after yourself.

We can discuss the difficulties you are experiencing at work, offer guidance, education and practical advice. Our aim is to work with you to identify your needs and recommend reasonable adjustments and other support. We can help you to communicate this information to your employer so that you feel confident about your return to work.

If you would like an appointment to explore how Occupational Therapy may be able to support you, please give us a phone on the above number. We will call you back within 10 working days to find out more about what support you need.

You can find out more information about the Primary Care Occupational Therapy Service by scanning the below QR code.



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

Additional information and available support to help you manage your health at work or return to work after illness can be found here:



Yours sincerely

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