

Aberdeenshire Health & Social Care Partnership **Integrated Core Team Occupational Therapy Role**

The core function of an occupational therapist is the same regardless of service setting or employer, but the particular interventions, knowledge and skills required, and the application of these is dependent on the service setting and the level of need of the service user.

This document details the core skills of the occupational therapist and the range of interventions that will be delivered by occupational therapists working in the Aberdeenshire Health & Social Care Core Teams, incorporating those currently provided by Aberdeenshire Council Social Work Occupational Therapy Service and NHS Grampian Aberdeenshire Community Rehabilitation and Community Hospital Occupational Therapy Service.

Included are the specialised interventions provided by the Community Occupational Therapy Service across Aberdeenshire to meet less frequently occurring or most complex needs and those which are out-with the current scope of Health & Social Care Integration. These are over and above the expectations of the Health & Social Care Core Team role and will be delivered by occupational therapy practitioners who have developed the particular knowledge and skills required through post qualification training and experience. It will be necessary for these clinicians to work across teams to provide specialised interventions and/or to support, train and advise their colleagues in doing so.

Staff Group	<i>Occupational Therapists working in the Aberdeenshire Health and Social Care Partnership Integrated Core Team.</i>
Role	<i>Occupational therapists enable people to manage their health and well-being by improving or maintaining their ability to carry out the activities they need or choose to do in their daily lives.</i>
Governance & Support	<ul style="list-style-type: none"> • Legislation • College of Occupational Therapists Code of Ethics and Professional Conduct, Best Practice Guidelines and Briefings, e-learning, Website, Specialist Sections, Annual Conference • NHS Grampian and Aberdeenshire Council Organisational Policies & Procedures • Scottish Intercollegiate Guidelines Network (SIGN) • Professional supervision • Mentoring • Peer support • Annual review of performance • Statutory and Mandatory training • Professional Development Courses • In-Service training
Core skills	<p><i>The core skills of the occupational therapist are built around occupation and activity</i></p> <ul style="list-style-type: none"> • Building a therapeutic relationship with the service user: building a relationship with the service user that will promote reflection, autonomy and engagement in the therapeutic process using a client centred approach • Assessment: observing and assessing functional ability and potential (including cognitive, perceptual, physical, psychological, sensory and social ability) and the effects of the physical and psychosocial environments • Enablement: enabling people to explore, achieve and maintain balance in their activities of daily living in the areas of personal care, domestic, leisure and productive activities • Problem solving: identifying and solving occupational performance problems • Using activity as a therapeutic tool: using activities to promote health, well-being and function by analysing, selecting, synthesising, adapting, grading and applying activities for specific therapeutic purposes • Group work: planning, organising and leading support groups • Environmental adaptation: analysing and adapting environments to improve function, promote independence, and social participation

<p>Interventions- Level 0 (within your own home)</p>	<p><i>Facilitate access to specific OT information/advice that will enable people to self-manage their health, well-being & independence.</i></p> <ul style="list-style-type: none"> • Provision of OT advice and information leaflets in local community settings and through NHSG/Aberdeenshire Council/Partnership websites
<p>Interventions- Level 1 (within your own community)</p>	<p><i>Facilitate access to OT specific information/advice to support others to enable people to self-manage their health, well-being and independence.</i></p> <ul style="list-style-type: none"> • Provision of OT advice, information leaflets and websites through GP surgeries, Healthpoints, Service points, Contact Centre and other Community Groups
<p>Interventions- Level 2 (Health & Social Care Core Team)</p>	<p><i>Working as part of integrated multi-disciplinary teams to enable people to optimise their health, well-being and independence where formal intervention is required within their home or community.</i></p> <p><i>Enabling interventions within the home:</i></p> <ul style="list-style-type: none"> • Functional assessment and practice including activities of daily living, mobility and transfers • Assessment, prescription and application of adaptive equipment • Postural management, assessment and provision of specialised seating • Assessment and provision of specialist toileting equipment • Assessment and provision of specialist bathing/showering equipment • Environmental assessment, advice and adaptation including provision of minor and (non-complex) major adaptations • Housing needs assessment and advice • Moving & handling assessment and practice • Meal planning and preparation assessment and practice • Household and money management assessment and practice • Carer assessment, education and support • Assessment, prescription and application of tele-care equipment <p><i>Enabling interventions in the community:</i></p> <ul style="list-style-type: none"> • Shopping assessment and practice • Transport assessment and practice • Taxicard assessment • Access to community activities • Community living skills assessment and practice • Workplace assessment and employee/employer advice <p><i>Rehabilitative and enabling interventions:</i></p> <ul style="list-style-type: none"> • Administration and interpretation of standardised assessments • Postural management • Social and communication skills assessment and practice • Cognitive rehabilitation and adaptive strategies practice • Upper limb rehabilitation

	<p><i>Preventative and self-management interventions:</i></p> <ul style="list-style-type: none"> • Joint protection • Energy conservation • Assessment and management of fatigue • Assessment and management of pain • Assessment and management of sleep • Assessment and management of anxiety • Relaxation practice • Falls prevention screening (Level 1 & Level 2) • Falls prevention information and advice • Health promoting brief interventions (work, alcohol, tobacco, obesity, mental health and physical activity)
<p>Interventions- Level 3 (Community hospital)</p>	<p><i>Working as part of integrated multi-disciplinary teams to enable people who have been admitted to a Community Hospital to optimise their health, well-being and independence and return to their own home or other community setting.</i></p> <p><i>Enabling interventions:</i></p> <ul style="list-style-type: none"> • Functional assessment and practice including activities of daily living, mobility and transfers • Assessment, prescription and application of adaptive equipment • Postural management, assessment and provision of specialised seating • Assessment and provision of specialist toileting equipment • Assessment and provision of specialist bathing/showering equipment • Environmental assessment, advice and adaptation • Housing needs assessment and advice • Moving & handling assessment and practice • Meal planning and preparation assessment and practice • Household and money management assessment and practice • Carer assessment, education and support • Assessment, prescription and application of tele-care equipment • Shopping assessment and practice • Transport assessment and practice • Access to community activities • Community living skills assessment and practice • Workplace assessment and employee/employer advice <p><i>Rehabilitative and enabling interventions:</i></p> <ul style="list-style-type: none"> • Administration and interpretation of standardised assessments • Postural management • Social and communication skills assessment and practice • Cognitive rehabilitation and adaptive strategies practice • Upper limb rehabilitation

	<p>Preventative and self-management interventions:</p> <ul style="list-style-type: none"> • Joint protection • Energy conservation • Fatigue management • Pain management • Sleep management • Anxiety management • Relaxation practice • Falls prevention information and advice • Health promoting brief interventions
<p>Interventions- Level 4</p>	<p><i>Working with the multidisciplinary team (MDT) in the acute sector to facilitate safe and timely discharge home.</i></p> <ul style="list-style-type: none"> • Liaison with families, carers and MDT colleagues to support discharge
<p>Specialised interventions</p>	<p><i>Specialised interventions are provided across Aberdeenshire to meet less frequently occurring or most complex needs. These interventions will be delivered by occupational therapists who have developed the particular knowledge and skills required through post qualification training and experience. It will be necessary for these clinicians to work across teams to provide specialised interventions and/or to support, train and advise their colleagues in doing so.</i></p> <p><i>Specialised Rehabilitative and Enabling Interventions:</i></p> <ul style="list-style-type: none"> • Complex major environmental adaptations • Complex moving and handling assessment and practice • Assessment, prescription and application of complex tele-care equipment • Hand therapy • Splinting • Upper limb rehabilitation programmes(including Constraint Induced Movement Therapy) • Cognitive rehabilitation programmes • Vocational rehabilitation • Bespoke/specialist wheelchair assessment • Bespoke equipment design and provision • Health Behaviour Change • Biometrics assessment and programmes <p><i>Group-based Specialised Rehabilitative and Enabling Interventions:</i></p> <ul style="list-style-type: none"> • Fatigue management programmes • Pain management programmes • Falls prevention programmes • Pulmonary rehabilitation programmes <p><i>Interventions beyond the current scope of Health & Social Care Integration:</i></p> <ul style="list-style-type: none"> • Assessment and provision of equipment to meet the assessed needs of children • Assessment and provision of minor, non-complex and complex major adaptations to meet the assessed needs of children

Lead Author: Shona Campbell Occupational Therapy Team Manager, Aberdeenshire Council (South)

Co-authors: Rhona Gardiner, Aberdeenshire Uni-Professional Lead Occupational Therapist, NHS Grampian
Kerry Adam, Occupational Therapy Team Manager, Aberdeenshire Council (North)

This document was developed with support from and/or in consultation with:

Senior Occupational Therapists Working Group, Aberdeenshire Council and NHS Grampian

Occupational Therapy Practitioners and Assistant Practitioners, Aberdeenshire Council and NHS Grampian

Alison Docherty, Joint Improvement Team

Shona Strachan, Aberdeenshire Allied Health Professional Lead, NHS Grampian

Lesley Mackenzie, Social Work Manager, Rehabilitation and Enablement, Aberdeenshire Council

Erika Skinner, Occupational Therapy Review Project Manager, Aberdeenshire Council

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For further information, please contact: Shona Campbell (shona.campbell@aberdeenshire.gov.uk)