

Lewisham community learning disability health team

Occupational therapy



An easy read guide

What does the occupational therapy team do?



We can help if you have a problem that is stopping you from being able to look after yourself properly.

How can the team help me?

We can help you with personal matters:



We can help you learn how to have a bath or shower.

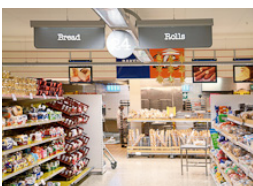


We can help you learn how to brush your teeth.

We can help you stay safe when you are out:



We can teach you how to use buses and trains.



We can help you learn how to go shopping.



We can help you understand how to use your money.

How else can the team help me?

We can help you to do things at home:



We can help you learn how to clean your home.



We can help you to learn how to cook your meals.

We can also help you to do the things you like or need to do:



We can help you learn the skills to go to work or college.



We can help you find out about the things you enjoy doing.



We can help you find out about where to meet people.

Other helpful information



You can call the occupational therapy team on **020 3228 9620**.

If you prefer, you can ask a friend, carer, or health professional to call the team for you.

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