

Contact us

If you have any questions or would like further information, please contact the POPS team on **020 7188 2092** (Monday to Friday 8.30am to 4.30pm).

The POPS unit is located on the ground floor, of Bermondsey Wing at Guy's Hospital.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Further information

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.
t: 020 7188 8748 9am to 5pm, Monday to Friday

Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS.
t: 020 7188 8801 at St Thomas'
t: 020 7188 8803 at Guy's **e:** pals@gstt.nhs.uk

Language Support Services

t: 020 7188 8815 **fax:** 020 7188 5953

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.
w: www.nhs.uk

Occupational therapy in POPS

Leaflet number: 3969/VER1

Date published: August 2014

Review date: August 2017

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This leaflet gives more information about having occupational therapy in the Proactive Care of Older People Undergoing Surgery (POPS) unit. If you have any further questions, please contact the POPS team on 020 7188 2092.

What is occupational therapy?

Occupational therapy provides practical support to help patients do the things they need/want to do. We see patients with physical and mental illness, disability, long-term conditions, and those experiencing the effects of ageing. We help people of all ages to carry out practical and purposeful activities (often referred to as 'occupation'). These activities might include essential day-to-day tasks, such as dressing, cooking and going shopping, or the things that make you who you are, such as your job, interests, hobbies and relationships.

How can it help me?

We aim to help you adapt to any changes you might be experiencing in coping with your day to day activities. We will support you before, during and after your surgery.

Your occupational therapist can:

- help you to safely and independently continue with everyday activities such as preparing meals, bathing, washing, dressing and getting up from chair

- assess you in clinic **or** at home before your surgery to see how safely and easily you manage, and suggest equipment/adaptations that you may need to live safely and independently
- advise you on how to conserve your energy or simplify tasks to help you get the most out of your day and manage any fatigue or breathlessness
- coordinate with other organisations/services/professionals in your local community to offer you continued support in the weeks leading up to your surgery
- refer you to local services to provide you with suitable equipment and adaptations
- refer you for a wheelchair, if needed for long-term use, or advise you on where to hire wheelchairs for short term use
- offer information, education and support to you and your carers/family on managing your everyday activities before and/or after surgery.

How can I be referred to an occupational therapist?

If you are having difficulties managing everyday tasks and would like to be referred to occupational therapy, please tell your nurse or POPS doctor when you come to your POPS clinic appointment.

Please tell them as soon as possible, especially if you already have a date for your surgery, as the occupational therapist may need some time to complete an assessment and put any recommendations into action.

What happens next?

The occupational therapist will meet with you and your family (if present) in clinic and assess how you do everyday tasks. This will help to identify where there are difficulties.

A treatment plan will be created with you. This may involve teaching you new skills or ways of adapting. Changes to your home environment and/or modified equipment may also be recommended. If this is the case, the occupational therapist will refer you to local organisations that can provide the necessary equipment. This is all dependent on your individual needs and choices.