



Galway
and Mayo
Hospices

Occupational Therapy

Information for patients and visitors





What is Occupational Therapy?

Occupational Therapy (OT) supports people to continue doing the everyday activities that are **important to them**, as well as possible despite illness or changes. This may include activities such as getting dressed, moving around, resting comfortably, managing fatigue, or continuing with hobbies and routines that matter to you.

What happens when I meet an Occupational Therapist for the first time?

Your OT will complete an **initial assessment**. This will involve collaboratively exploring your daily activities and routines, and identifying any difficulty you may be experiencing.

When the assessment is complete, the OT will work with you to identify **personalized goals** to work towards.

OTs will listen to what is important to you and see if they can either:

- help restore your ability to do your everyday activities, or
- find another way of achieving your goal.

What services do we cover?

Our Occupational Therapists work across several services within Galway and Mayo Hospice. These include:

- Inpatient Unit
- Day Care
- Community Palliative Care in Galway
- Fatigue, Anxiety and Breathlessness (FAB) service in Mayo

OTs provide assessment, advice and support with:

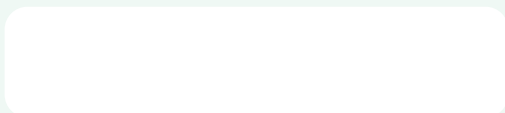
- Activities of daily living (e.g. washing and dressing, cooking)
- Seating and pressure care to promote comfort and function
- Safe mobility (movement) and transfers
- Managing fatigue, sleep difficulties, anxiety and breathlessness in everyday life
- Maintaining or adapting daily routines and activities that are meaningful
- Planning for discharge and transitions between home and the hospice
- Equipment to support safety, comfort and independence in daily activities
- Changes in concentration, memory or thinking
- Education and guidance for family members and carers
- Group programs aimed at symptom management
- Working with the multidisciplinary team and external services, as appropriate

How can I find out more?

If the hospice team feels that Occupational Therapy will be of benefit to you, this will be discussed with you and a referral will be created.

Alternatively, you can ask to be referred to Occupational Therapy at any time.

Your Occupational Therapist is:





Every moment matters

Galway Hospice

Renmore, Galway,

H91 R2T0

091 770868

info@galwayhospice.ie

Mayo Hospice

Knockaphunta, Castlebar,

Mayo, F23 YY40

094 9005100

mayo@galwayhospice.ie

www.galwayhospice.ie



CHY 8837

RCN 20022150

Company Number 136115