

Can I bring a friend or relative?

It is often helpful to have a friend, relative or carer at the appointment and they will be welcome. If you are coming to your appointment by hospital transport, please inform the transport team about this.

Where is the clinic held?

Older Persons Assessment Unit
Ground Floor
Bermondsey Wing
Guy's Hospital
Great Maze Pond
London, SE1 9RT

Contact us

Monday to Friday, 8.30am-4.30pm,
t: 020 7188 2092

To arrange **transport**, please call
t: 0207 188 2888

Please ring us if you need to arrange an interpreter.

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

Our hospital is actively engaged in research and education to improve the care we give. During your visit you will be asked if you are willing to be contacted about research projects relevant to you. Medical students may be present during your visit. If you prefer not to see medical students please inform a member of staff.

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, Monday to Friday, 9am-5pm

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.
t: 020 7188 8801 (PALS) **e: pals@gstt.nhs.uk**
t: 020 7188 3514 (complaints)
e: complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch.
t: 020 7188 8815
e: languagesupport@gstt.nhs.uk

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A list of sources is available on request

Occupational therapy in POPS (Perioperative medicine for Older People undergoing Surgery)

This leaflet explains more about this service. If you have any questions, please speak to a member of staff caring for you.

What is occupational therapy (OT)?

Occupational therapy aims to improve your ability to do everyday tasks.

How can OT help me?

It can help you with practical tasks if you

- are physically disabled
- are recovering from an illness or operation
- have learning disabilities
- have memory/mental health problems
- are getting frailer.

What will happen at the clinic?

The occupational therapist will assess you in clinic and sometimes at your home before surgery to see how safely and easily you're managing your daily life. They may suggest things that could help you become more safe and independent.

These could include:

- Equipment (walking aid, furniture raisers, bath seats etc.)
- Home adaptations (rails, ramps, home sensors, home modifications, etc.)

- Teach new techniques (such as managing to do things with one hand, use long handled aids)
- Assess your memory, discuss any difficulties you might have due to memory problems and give practical advice on how to manage things at home. The occupational therapist may refer you on to other services in your local community.
- Give advice on how to conserve your energy or simplify tasks to get the most out of your day and manage fatigue or breathlessness. They can also teach you to do breathing exercises which prevent breathing complications after surgery.
- Give information, education and support to you and your carers / family on how to access community support if needed.

How can I be referred?

Please tell your nurse or POPS doctor who can refer you when you come to your clinic appointment.

It is also important to inform the POPS team if you have any concerns

regarding how you will manage at home after your operation.

What happens after the occupational therapist has assessed me?

A treatment plan will be created with you. This may involve teaching you new skills or ways of adapting.

Changes to your home environment or equipment may also be recommended. If this is the case, the occupational therapist will refer you to local organisations or will provide this if you live locally.

The outcome of your assessment will be communicated to the ward therapists when you come in for your planned surgery, especially if you will need therapy after your operation. The ward therapists will continue to assess and manage your rehabilitation and discharge planning after your operation.