



Occupational Therapy in Primary Care: a **LOT** to Offer

Are you a patient at Killearn Health Centre?

Are you struggling with everyday tasks due to a health condition?

We could help!

About Occupational Therapy (OT):

OT enables people living with a range of health problems and chronic conditions to overcome barriers so they can participate in everyday life, and improve their health and wellbeing.

How you may benefit from OT with the GP Practice:

- Promote self management with health condition(s) and daily life
- Improve individual engagement in everyday activities
- Support to maintain safe and independent living at home
- Early intervention to identify need to prevent hospital admission
- Advice and support regarding local groups and services
- Advice on return to work or remaining in employment

Advance Practitioner OT Staff:

Kirsty Smart
Lynsey Thomson

Clinical Hours:

Mondays Only

8.30am – 4.30pm

Referral Criteria:

By GP referral or you can self-refer via email or by telephone (**Monday Only**)

Email –

fv.primarycareocctherapy@nhs.scot

Telephone –

01360 550339

Ask to speak to the Occupational Therapist