Occupational Therapy Service





Occupational therapy helps people of all ages when everyday activities, such as getting out of bed in the morning, getting washed, preparing meals, getting out and about, become difficult.

Occupational therapy encourages people to resolve their problems and live a full life.

In Pembrokeshire County Council, occupational therapists work within adult, children's and housing services.

We work with people living in Pembrokeshire who, due to accident, illness, disability or ageing, have difficulty doing the everyday things that they need to, want to, or are expected to do.

The occupational therapy service will listen to your concerns and discuss solutions that may help you.

This can include:

- Providing information and advice over the telephone. This could be suggestions of equipment you could try or telling you about services that could help you resolve your problems.
- If we cannot help you over the telephone we can offer to visit you at home for a more in depth assessment of your needs.



How do occupational therapists help?



Occupational therapists find out about the difficulties you have with everyday life, by listening to you and the people who help you. We look at how you do the things you find difficult, as well as the strengths, abilities and potential that you have.



We consider your environment and the other things around you, to understand how they affect you.



We help you to identify the problems and describe what you want to achieve.



We help you work out a plan to resolve the problems and achieve the goals that are important to you.



To achieve your plan occupational therapy can involve:

- Practicing the things you find difficult.
- Advice about changing or adapting your home.
- Suggestions of a different way to do something.
- Advice about gadgets or equipment that could make your life easier.
- Telling you about other services that could help you.
- Suggesting or referring you for treatment or rehabilitation.
 This will aim to improve something you are having difficulty
 with; for example improve your concentration, confidence,
 dexterity, strength, stamina, understanding of your condition
 or learn a new skill or technique.

Occupational therapists check that the plan is helping. If you are still having difficulties they will listen to you and, if they can help, will work with you to change your plan.

If you think occupational therapy can help you or someone you care for please contact us on:

01437 764551

Email: enquiries@pembrokeshire.gov.uk

Following your contact we will call you to discuss your difficulties over the telephone. This helps us to decide if we are the best service to help you and give you information about how we could help. You can then decide if occupational therapy is the right service for you.

The demand for occupational therapy is high and we aim to see people in the greatest need first. We will inform you if there will be a delay before we can visit you at home and contact you to arrange an appointment before visiting.

For a copy of this publication in Braille, in larger print, audio tape or an alternative language please contact Pembrokeshire County Council on 01437 776613.

Os ydych chi'n meddwl y gallai therapi galwedigaethol fod o gymorth i chi neu i rywun yr ydych chi'n gofalu amdano, cysylltwch â ni, os gwelwch yn dda ar:

199497 764551

E-bost: enquiries@pembrokeshire.gov.uk

Ar ôl i chi gysylltu â ni, byddwn yn rhoi galwad i chi i drafod eich anawsterau dros y ffôn. Bydd hyn yn ein helpu ni i wybod os mai ni yw'r gwasanaeth gorau i'ch cynorthwyo chi a rhown wybodaeth i chi am y ffordd y gallem eich helpu. Gellwch chi wedyn benderfynu os mai therapi galwedigaethol yw'r gwasanaeth iawn i chi.

Mae'r galw am therapi galwedigaethol yn uchel a'n nod yw gweld y bobl sydd â'r angen mwyaf yn gyntaf. Rhown wybod i chi os bydd oedi cyn y gallwn ymweld â chi yn eich cartref a byddwn yn cysyllfu â chi i drefnu apwyntiad cyn ymweld.

Am gopi o'r cyhoeddiad hwn mewn Braille, mewn print mwy, ar dâp sain neu mewn iaith wahanol, cysylltwch, os gwelwch yn dda, â Chyngor Sir Pentro ar 01437 776613.

Sut mae therapyddion galwedigaethol yn helpu?

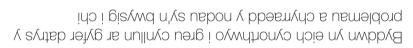
dennych. anodd, yn ogystal â'r cryfderau, y galluoedd a'r potensial sydd Hordd yr ydych yn gwneud y pethau yr ydych yn eu cael yn wrando arnoch chi a'r bobl o'ch cwmpas. Byddwn yn edrych ar y anawsterau sydd gennych yn eich bywyd pob dydd, drwy Bydd therapyddion galwedigaethol yn dod i wybod am yr



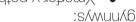
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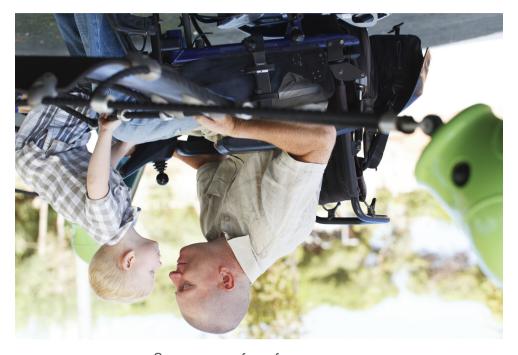
- Ymarter y pethau yr ydych yn eu cael yn anodd.
- Cyngor ynglŷn â newid neu addasu'ch cartret.
- Cyngor ynghylch dyfeisiadau neu offer a allai wneud eich Awgrymiadau ynghylch ffordd wahanol o wneud rhywbeth.
- bywyd yn haws.
- Dweud wrthych am wasanaethau eraill a allai tod o gymorth
- zaıl neu dechneg newydd. etamina, gwella eich dealltwraeth o'ch cyflwr neu ddysgu asuolbwyntio, gwella eich hyder, deheurwydd, nerth, anhawster ag et; er enghraitt, gwella eich gallu i sateriad. Nod hyn tydd gwella rhywbeth yr ydych yn cael Awgrymu triniaeth neu eich atgyfeirio am driniaeth neu I CUI'
- 3) da chi i newid eich cynllun. amoch ac, os byddant yn medru eich cynorfhwyo, byddant yn gweithio gweithio. Os byddwch yn dai'i gael anawsterau, byddant yn gwrando Rydd therapyddion galwedigaethol yn cadw golwg i weld a yw'r cynllun yn

Yng Nghyngor Sir Penfro, mae therapyddion galwedigaethol yn gweithio o fewn y gwasanaethau oedolion, plant a thai.

Rydym yn gweithio gyda phobl sy'n byw yn Sir Benfro sydd, oherwydd damwain, afiechyd, anabledd neu heneiddio, yn cael anhawster i wneud pethau pob dydd y mae angen iddynt eu gwneud neu y mae arnynt eisiau neu y disgwylir iddynt eu gwneud.

Bydd y gwasanaeth therapi galwedigaethol yn gwrando ar eich pryderon ac yn trafod datrysiadau a all fod o gymorth i chi. Gall hyn gynnwys:

- Rhoi gwybodaeth a chyngor dros y ffôn. Gallai hyn fod yn awgrymiadau o offer y gallech roi cynnig arno neu ddweud wrthych am wasanaethau a allai eich helpu i ddatrys rhai o'ch problemau.
- Os na allwn eich helpu dros y ffôn, gallwn gynnig ymweld â chi yn eich cartref am asesiad mwy trwyadl o'ch anghenion.



Gwasanaeth Therapi Galwedigaethol



Mae therapi galwedigaethol yn gymorth i bobl o bob oed pan fydd gweithgareddau yn anodd, megis codi o'r gwely yn y bore, ymolchi, paratoi prydau bwyd, mynd allan bwyd, mynd allan

Mae therapi galwedigaethol yn annog pobl i ddatrys eu problemau a byw bywyd

