Community Learning Disability Service—
Occupational Therapy role

Margaret Brabiner—
Occupational Therapy role
Community Learning Disability Service

I am an Occupational Therapist working with people with Learning Disabilities; including Challenging behaviour and Complex care needs. My main role is to provide assessment of daily living skills and promote independence in areas specifically highlighted as goals by my clients. I enable people to identify activities in which they are interested and support them to achieve their goals in an autonomous way. As an OT I also work collaboratively with community enterprises, Social Care services and generic health services.

Daily living skills incorporates all aspects of daily living including, personal care activities, domestic activities, leisure and vocation. We also consider health and health promotion within our work, ensuring people understand their health needs and pro-actively working alongside them and other health professionals to ensure this is accessible.

We can provide information in a variety of formats to meet the individuals needs, working closely with all disciplines within the team.

Occupational Therapy also collaborates with Psychological services, joint working to address lack of confidence, self esteem and other issues which may arise within an individuals functioning.

A further area in which we work as OT’s within this service is to assess any Sensory issues which may impact on peoples functioning.
Occupational Therapy—Graham’s story.

Graham was referred to Occupational therapy to increase his level of social support and increase his independence.
Margaret Brabiner—Occupational therapist helped Graham with introducing him to new social activities including People First—a local community interest day centre for people with Learning Disabilities and mental health problems. Graham now has a volunteer role at the day centre as a Safety officer.
Margaret has also referred Graham to Specialist Psychology services for support around confidence building and anger management. Graham attended 1 to 1 sessions and a Confidence with People group. Psychology and OT helped Graham with his self confidence and how to express himself in a more positive way.
Occupational therapy helped Graham to learn to trust people more as his experience of health and social care professionals in the past was a negative one and he had some bad experiences.
Graham has said about Occupational therapy that “they are able to talk to me and always there to help out.”
Margaret helped support Graham with a move from family home—where he lived with Dad into his own home which he shared with another resident.
Occupational therapy helped him to organise his possessions and supported him with the move and the transition to a new place. Graham had issues around hoarding and OT supported him to declutter and throw some items away in preparation for his move to a new home.
Graham has also had some support from Nursing in collaboration with OT to address identified health issues. Graham had his medication reviewed and guidance given around taking his medication. Graham has had support around expressing himself and dealing with his anger.
Graham has had support around meal preparation skills and health promotion and health education. Graham had support with preparing healthier meal options.

November 2016

Graham said...
“Margaret brought me out of myself to meet other people”. November 2016