



Occupational Therapy - Durham County Council

The Occupational Therapy service carries out functional assessments on individuals with a physical disability to help you to live more independently within your own home.

This may include:

- changing the technique or way you carry out certain tasks to make them easier for you
- referring you on to a specialist rehabilitation service who can help you over time to carry out tasks more easily
- looking at various different types of equipment which may help you complete tasks around the home
- assessing for minor adaptations to your home, for example, grab rails or handrails to assist you to negotiate the access to your property
- assessing for major adaptations to your home for example, ramps, stairlifts, or adapted showering or bathing facilities
- assessing for moving and handling equipment
- providing you with information and advice on other services which may be able to help you

How do I apply for help?

You will need to have a Care and Support assessment. The Care and Support assessment is a questionnaire which allows you to identify what you think your care and support needs are. You can find a copy on the [Get your care needs assessed](#) page on our Locate website.

Who to contact

Contact name Social Care Direct
Telephone 03000 267 979
E-mail scd@durham.gov.uk

Other details

Referral and availability notes

- 18-death
- Disabilities
- Use Fair Access to Care during assessments

Disclaimer

Durham County Council's Families Information Service does not promote nor endorse the services advertised on this website. Anyone seeking to use/access such services does so at their own risk and may make all appropriate enquiries about fitness for purpose and suitability to meet their needs.

Call the Families Information Service: **03000 269 995** or email: **fis@durham.gov.uk**



Disclaimer: Durham County Council's Families Information Service encourages and promotes the use of plain English. We therefore reserve the right to amend any information supplied as necessary. Durham County Council's Families Information Service does not promote nor endorse the services advertised on this website. Anyone seeking to use/access such services does so at their own risk and may make all appropriate enquiries about fitness for purpose and suitability to meet their needs.