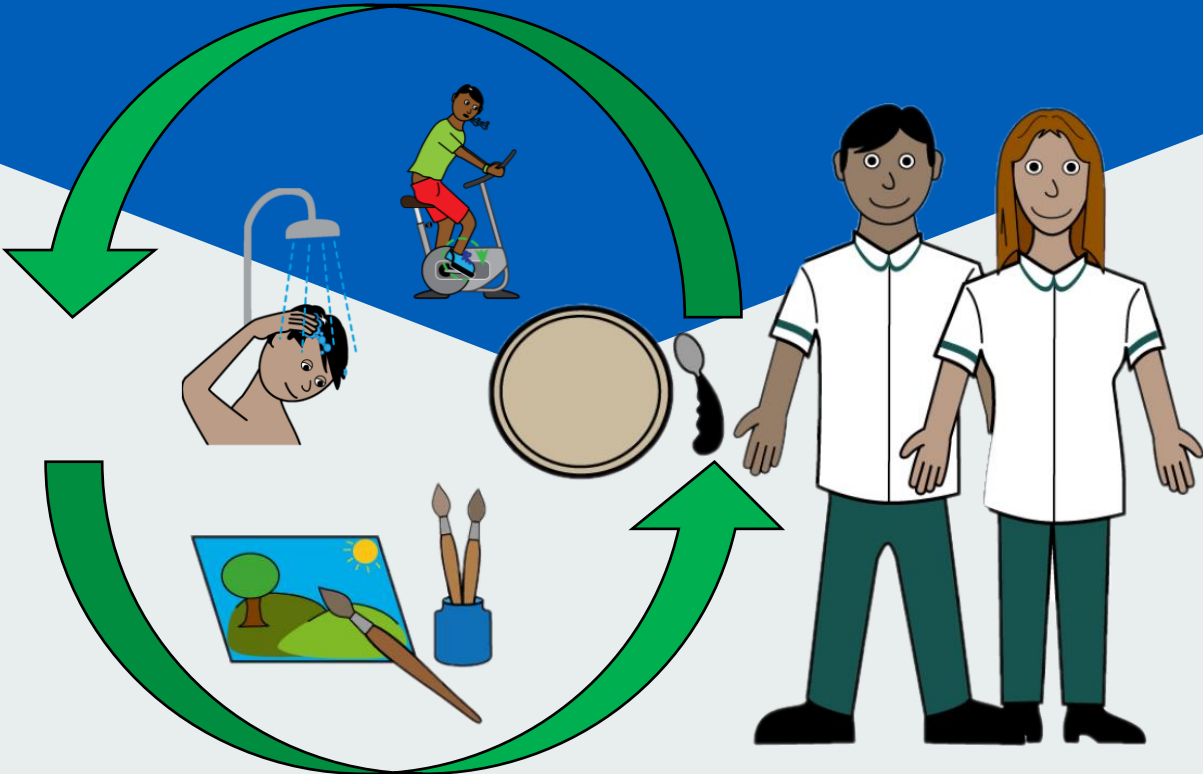


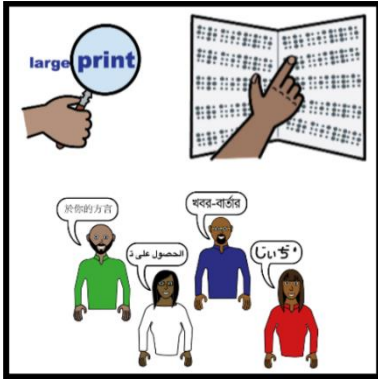
Easy Read

Cardiac Occupational Therapy Leaflet

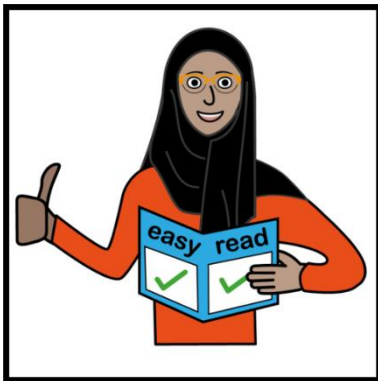
Information leaflet



Cardiac Occupational Therapy Leaflet

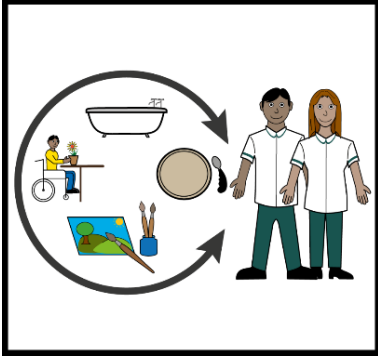


If you require this information in other languages, Braille, large print, or audio format please contact the Cardiac Service.

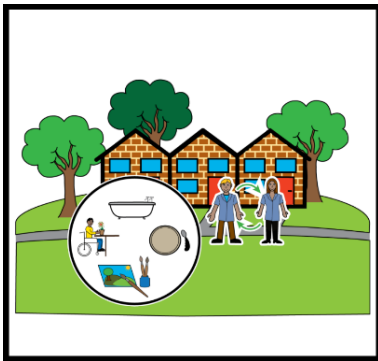


This booklet uses easy words and pictures.
You might want to ask someone to help you read it.

What is Cardiac Occupational Therapy?



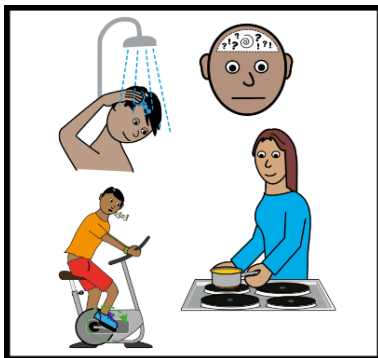
Cardiac occupational therapy supports people with daily activities.



This work is done by a Cardiac Occupational Therapist or OT.

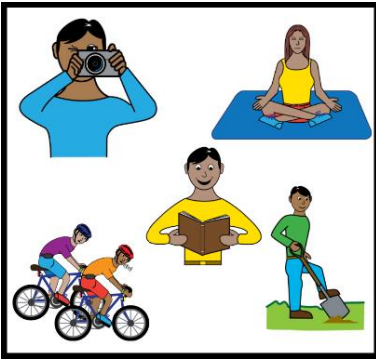


The OT helps you by looking at how you do your daily activities. This can include:



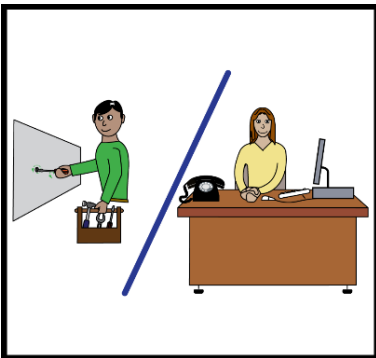
Self-Care. Such as:

- Getting washed and dressed
- Cooking a meal
- Taking care of your physical and mental health



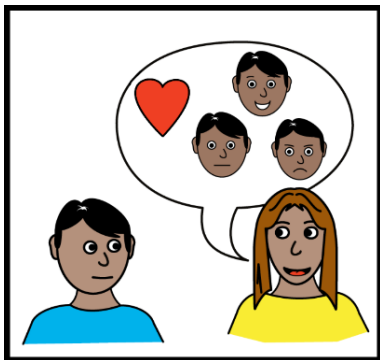
Leisure. Such as:

- Activities and hobbies you enjoy
- Being part of a community
- Relaxing

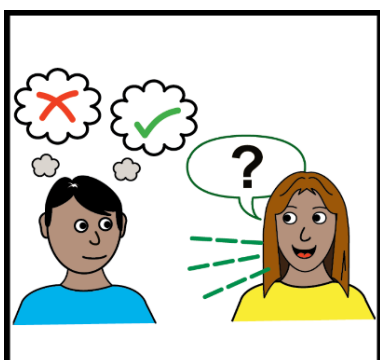


The OT can help you return to work or study too.

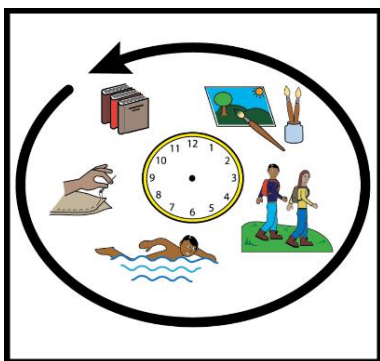
What might the OT ask me?



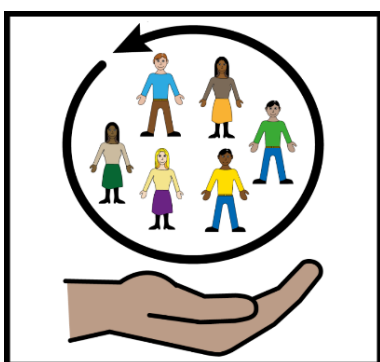
They will ask you how your heart is making you feel.



They will talk to you about things in your life and if anything is worrying you.

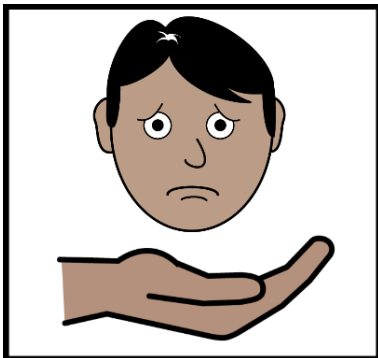


They might want to know your routines and how you spend your time.



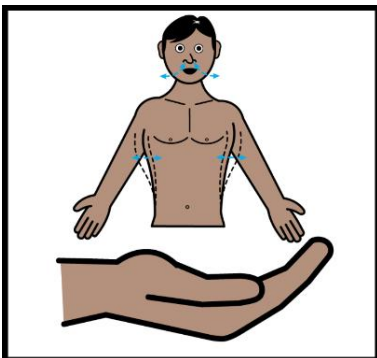
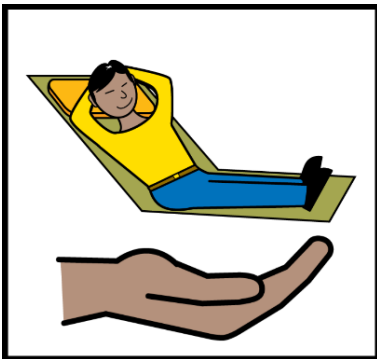
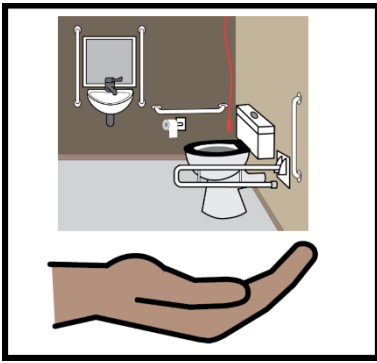
They might ask you about your support. Such as family, friends and carers.

What can the OT offer me?



The OT can offer lots of things to help you. Such as:

- Support with how you access your local community
- Advice for anxiety and stress
- Reasons why you might be more tired than usual
- Advice for your daily life



- Checking if you need any equipment to help you

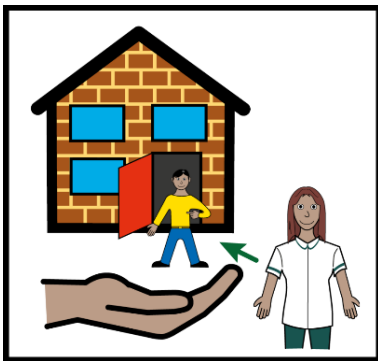
- How to relax

- Support with breathlessness

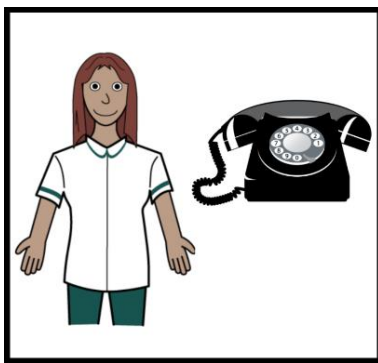
When and where do we work?



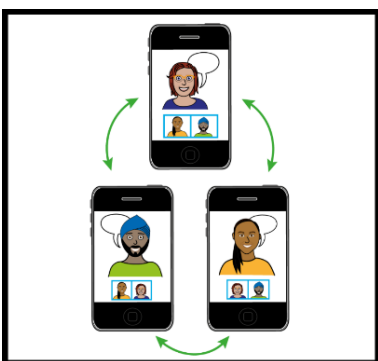
The Occupational Therapist works:
8:00am – 4:00pm
Monday – Thursday



We will see you at home.



Sometimes you might have
appointments with us over the
phone.
Please let us know if you would not
like this.



We can do video call appointments
too. Please let us know if you
would prefer this.

Other information



If you need to speak to someone about this leaflet, you can:

Call 0113 8434 200

Email longtermconditions@nhs.net



If you want to give feedback to someone outside the service, you can speak to the **Patient Experience Team**.

Call 0113 220 8585

Email lch.pet@nhs.net



We might ask you a few questions and keep a record of your personal details.

We may share your information with other services. We will ask you before we do this, as per the Data Protection Act 1998.