

## Occupational Therapy

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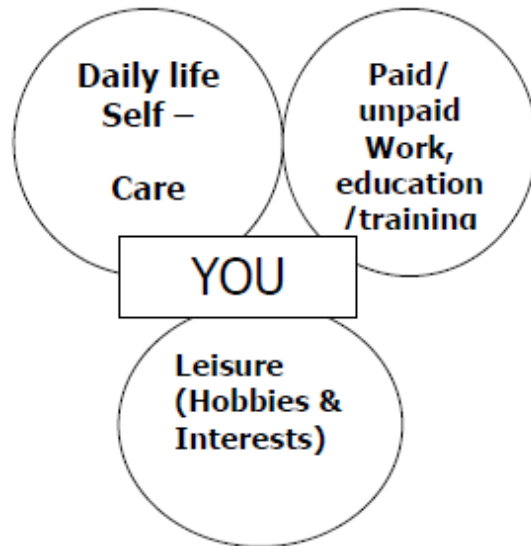
Feidhmeannas Seirbhíse Sláinte  
Health Service Executive

**Community Mental Health  
Dublin North Central**

## What is Occupational Therapy?

Occupational Therapy is a profession concerned with human occupation in its widest sense.

### Focus of Occupational Therapy:



Occupational Therapy involves enabling you to live as independently as possible.



## How can you be referred to the Occupational Therapist?

In Dublin North Central, There are Occupational therapists on some of the teams in the Community Mental Health Services. Any member of these Community Mental Health teams, such as the psychiatrist, social worker or community mental health nurse, may refer you to the occupational therapist.

## What can you expect from Occupational Therapy?

Occupational Therapy is concerned with how your mental health difficulties affect your ability to do the things you like to do and need to do to make your life meaningful and satisfying.

Occupational Therapists work in partnership with you to set your goals for therapy.



## Group &/or individual therapy may include:

### Community Living Skills:

Cooking, budgeting, developing a daily routine,, personal care, shopping, household management, healthy lifestyle

### Personal Development:

Goal setting, communication skills, coping skills, stress management, anxiety management, assertiveness training, confidence building, social skills training

### Vocational Exploration

Exploring work and education options

### Leisure

Exploring or taking part in leisure activities that you enjoy

### Cognitive abilities

Assessing or improving your memory or concentration

