

## What is Occupational Therapy?

Occupational Therapy (OT) helps people to do the everyday things that they want and need to do, when faced with illness, injury or disability .

## What will happen at my appointment?

You will be asked how you are managing with daily activities. Think about any difficulties you are experiencing before your appointment. These may include difficulties with:

- Washing and dressing
- Using household appliances
- Getting around
- Driving
- Work/Leisure activities
- Memory or Concentration

We may ask you to do a simple task in our kitchen such as making tea.



## Cognitive Assessment

A cognitive assessment is an examination used to review someone's thinking skills and how this impacts them day to day. These assessments may come in the form of a written or verbal test, or you may be asked to perform a task whilst being observed.

For cognitive conditions such as Alzheimer's Disease, early detection and diagnosis enables access to symptomatic treatments and better disease management. Please note we do not offer formal diagnosis at this appointment but will link with your G.P or Geriatrician as well as feedback cognitive results to you.

### We offer the following services-

- Formal Cognitive Assessment
- Functional Assessment
- Ways to improve and maintain cognitive/brain health
- Modifiable lifestyle changes to assist with prevention of or delay in progress of cognitive disease
- Lifestyle advice
- Clarification of cognitive symptoms
- Strategies for dealing with cognitive problems

- Home adaptation advice
- Daily Living Aids advice and trial during your session
- Technology advice
- Off Road Driving Assessment (separate appointment)
- Advice about continuing or not continuing to work
- Leisure time activities
- Ongoing referrals to community supports
- Option of re-review if symptoms progress
- Advice on Falls Prevention at Home



**It is useful to have a family member with you during the assessment.**

Occasionally it can be beneficial for us to follow up with a family member.



## Where do I go for my Occupational Therapy appointment ?

At the hospital **College Road Entrance** turn right at main reception.

After passing Xray and the Medical Assessment Unit, follow the signage for Occupational Therapy to your left . Our reception area is shared with Physiotherapy

From the **Western Road Entrance** take the lift to Level 0. On exiting the lift turn right past the Café and walk until you see double doors on your right. Go through the doors and follow the corridor to the left. The OT Reception is on your left.

## Contact details

Opening hours 8.30-4.30 Mon - Fri  
[occupationaltherapy@bonsecours.ie](mailto:occupationaltherapy@bonsecours.ie)  
Phone: 021 4801630

## Appointment Fees

Occupational Therapy - Initial assessment & treatment (1 hr) €140

Please note additional appointments may be required for follow up.

## Useful websites

**Phelans Pharmacy Daily Living Aids**  
[www.phelansmobilityaids.ie](http://www.phelansmobilityaids.ie)

**Homecare Medical Daily Living Aids**  
[www.homecaremedicalsupplies.ie](http://www.homecaremedicalsupplies.ie)

**Alzheimer's Society**  
[www.alzheimer.ie](http://www.alzheimer.ie)

**HSE Aging Well Programme**  
[www.hse.ie/ageingwellcork](http://www.hse.ie/ageingwellcork)

**Seniors Alert Scheme/Pendant Alarm**  
<https://www.pobal.ie/app/uploads/2019/03/Seniors-Alert-Scheme-leaflet-2018-1.pdf>



Bon Secours Hospital Cork

# Occupational Therapy Geriatric Cognitive Assessment

