

occupational therapy

OT

for adults with learning disabilities



an OT (occupational therapist) can help you with things you do every day, like



■ washing



■ dressing



■ housework



■ cooking



■ using transport



■ going out



■ working



■ college

**we can
support you to**



■ find things that
you like doing



■ learn how to
do new things



■ try different ways
of doing things



- change your surroundings to help you do things



- decide what kind of support you need

we can help



- you



- your family, friends or carer



- your worker

**we can
see you at**



■ home



■ work



■ day centre



■ college



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If you would like this leaflet in large print, on CD
or in another language, please call **020 79 74 37 37**

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