



Cygnet Hospital Stevenage

## Occupational Therapy



## OVERVIEW

The occupational therapy service at Cygnet Hospital Stevenage is led by a head occupational therapist who has many years' experience working in secure environments.

## BENEFITS OF OCCUPATIONAL THERAPY

Occupational therapy improves both competence and self-confidence. It addresses the issue of social exclusion and equips patients with skills to move on. These skills enable patients to generate their own solutions to problems with greater control and increased choices.

## TREATMENT MODEL

The Model of Human Occupation (MOHO) seeks to explain how occupation is motivated, patterned and performed. Within MOHO, humans are conceptualised as being made up of three interrelated components: volition, habituation, and performance capacity. Volition refers to the motivation for occupation, habituation refers to the process by which occupation is organised into patterns or routines, and performance capacity refers to the physical and mental abilities that underlie skilled occupational performance.

MOHO also emphasises that to understand human occupation, we must also understand the physical and social environments in which it takes place.

## AIMS

Our aim is to optimise a patient's level of independence and functionality through the use of carefully selected and graded activities which are personally meaningful to the patient.

These activities may include opportunities to acquire skills such as cooking and budgeting. The activities may be geared towards formal education and future employment needs or may be designed to support cognitive work and the development of social skills.



## OCCUPATIONAL THERAPY ASSESSMENT

All patients are assessed as soon as they are settled enough. Occupational therapists are trained in physical and mental health so their assessment is truly holistic.

When the patient is well enough to benefit from an individual treatment programme, the therapist and the patient will devise this together, based on both the maintenance of existing skills and the addressing of specific problem areas. Throughout the hospital stay there is considerable user involvement in the selection of activities and in the evaluation of their efficacy.

## THE PROGRAMME

The treatment programme is multi-professional and whilst many 1:1 and group sessions are facilitated solely by occupational therapists, there is considerable input from, and co-facilitation with, nursing and psychology staff. Some treatment sessions are available immediately. These tend to be ward based and largely recreational in order to get to know the person using simple, undemanding activities in a safe environment.

Access to the gym is also available soon after admission. Inclusion in other sessions forming part of the rehabilitation programme are dependent on the stability of the patient's mental state, the granting of leave and / or a satisfactory risk assessment. These activities include, for example, cooking assessments and individual cookery in the rehabilitation kitchen and working on our allotment in Stevenage.

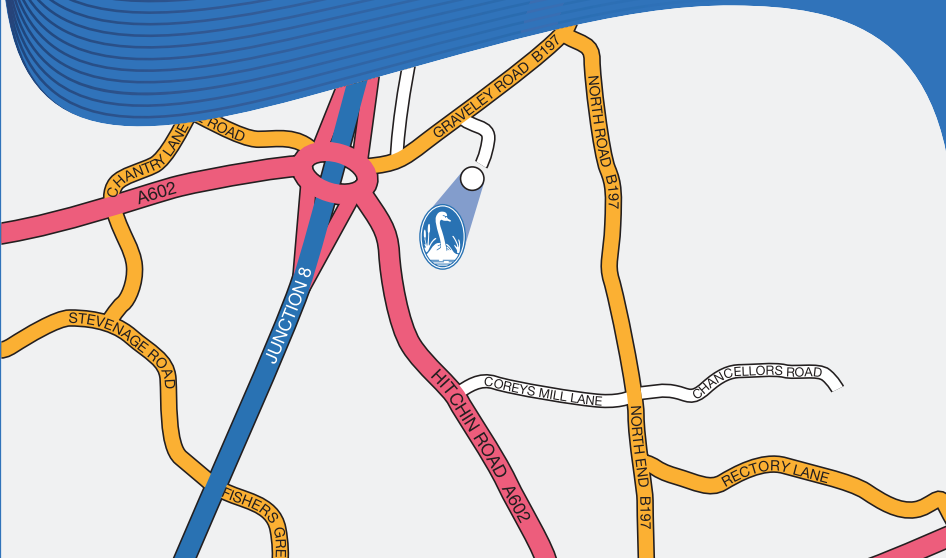


Physical problems can also be addressed. Occupational therapists can address complex physical issues such as effective meal planning for diabetics including advice from a dietician, or relatively simple issues such as the teaching of breathing techniques to assist relaxation.



## Cygnets Hospital Stevenage

Cygnets Hospital Stevenage is part of Cygnets Health Care, a leading independent provider of psychiatric care and addiction detoxification services.



## How to find us

### By car

Cygnets Hospital Stevenage is located off the A1(M).  
From the South: Exit the A1(M) at Junction 8. Follow the slip road and at the roundabout take the fourth exit signposted B197 Graveley. Travel down this road approximately 200m then turn right at the sign post for Victoria & Elizabeth Court. Follow this road to the end where you will see signage for the hospital.  
From the North: Exit the A1(M) at Junction 8. Follow the slip road and at the roundabout take the first exit signposted B197 Graveley. Travel down this road approximately 200m then turn right at the sign post for Victoria & Elizabeth Court. Follow this road to the end where you will see signage for the hospital.

### By train

The hospital is serviced well by mainline trains from Kings Cross station. Journey time is 17 minutes to Stevenage. From the station you will need to take a taxi to the hospital which will take approximately 5 minutes and cost around £4.50.

Cygnets Hospital Stevenage  
Graveley Road, Stevenage,  
Hertfordshire SG1 4YS

Tel: **01438 342942**  
Fax: **01438 721147**  
[www.cygnethealth.co.uk](http://www.cygnethealth.co.uk)

FOR MORE INFORMATION  
PLEASE CALL:  
**01438 342942**

