

Occupational therapy for people living with lung conditions

Information for patients

Living with a lung condition

Life with a lung condition can be challenging and you may struggle to manage day-to-day activities. You may be more breathless or fatigued. You may feel more anxious or worried. You may have had to change your daily routine or may now avoid doing things or going out.

What is occupational therapy?

Occupational Therapy considers your day-to-day activities and 'occupations', building on your strengths and focusing on what matters most to you.

An Occupational Therapist can help you develop coping skills and strategies to support increased confidence and feelings of control. This can support you to manage the symptoms you experience and to live well with your condition.

How can Occupational Therapy help me manage my symptoms and live well with my lung condition?

The occupational therapists in the pulmonary rehabilitation team help people with the following things:

- Managing fatigue with ways to conserve your energy
- Provision of equipment to make tasks easier for you
- Information and support to help you get out and about in your community, including “blue badge” applications
- Maintaining good routines and sleep patterns
- Managing anxiety and looking after your emotional wellbeing
- Supporting you to set goals to achieve a better quality of life
- Making and maintaining connections with your community
- Advice and support in dealing with issues at work connected to your lung condition
- Connecting with other services that can support you.

How can I arrange to see an Occupational Therapist from the Pulmonary Rehabilitation team?

You can ask your physiotherapist or assistant practitioner, or you can speak directly to an occupational therapist in your Pulmonary Rehabilitation class.

Where will I be seen by the Occupational Therapist?

The Occupational Therapist may arrange to see you in a Pulmonary Rehabilitation session, at one of the community venues, or might visit you at home. An Occupational Therapist might see you on your own, or with a family member if appropriate.

Our Occupational Therapists also deliver education sessions as part of pulmonary rehabilitation classes and run dedicated anxiety management groups.

Keeping your appointment and cancellations

If you cannot keep your appointment, please advise us by phoning the number on your pulmonary rehabilitation appointment letter. Your call will give someone else the chance to be seen and will help us keep waiting times to a minimum.

Although we make every effort to avoid cancelling appointments where possible, there is always a risk that your appointment may be cancelled at short notice. This is due to the small number of Occupational Therapists in the team. If your appointment is postponed, you will be offered a new date as soon as possible.

Contact details:

Occupational Therapy

Lothian Pulmonary Rehabilitation Service

Main Office:

Leith Community Treatment Centre

12 Junction Place

Edinburgh

Contact telephone number: 0131 536 6372