

A place for...

Occupational Therapy

Occupational Therapy (OT) addresses the difficulties caused by Multiple Sclerosis (MS) and other neurological conditions which may interfere with a person's participation in everyday life. For example:

- Carrying out daily tasks including self-care, work, hobby and leisure activities
- Spending time with others, and in a range of different places
- Adapting to the changes and challenges that happen as part of everyday life



Charity No. 1093691



Merlin
MS Centre

The Merlin MS Centre offers OT as part of its services. In neuro-rehabilitation, occupational therapy and physiotherapy (PT) overlap.

The therapists at the centre work closely to help the person achieve their aims by using techniques and adapted equipment to help maintain and improve:

- Posture and mobility; especially standing and sitting balance
- Strength, movement, and coordination in the trunk, upper body and hands
- Cognitive and sensory perception skills – thinking and remembering, planning and organising including sequencing movement and tasks
- Increasing energy levels by pacing fatigue management
- Supporting the management of stress and anxiety



To find out more about the Occupational Therapy Service contact the Merlin MS Centre on 01726 885530 or see the timetable

More information can also be found on the website www.merlinmscentre.org.uk

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