

## OCCUPATIONAL THERAPY FOR ACCESSING TECHNOLOGY

Access to everyday technology is an increasingly important part of people's lives.

*We support people living with a physical disability who find accessing technology such as phones, tablets and computers difficult or to find a digital solution that will increase their independence and safety.*

Following an occupational therapy assessment, we give advice on digital devices to support routines and reminders, keep in touch with family and friends, or specialist environmental controls.

The assessment can be carried out at home, workplace, place of education or in our Smart Home base.

If you have a degenerative condition and are concerned how you will access everyday technology, a referral can be made at an early stage to discuss options.

Ideally you should understand the device you want to use however, there will be times you will need to be introduced to new technology and support will be given.

*The Smart Home is open to anyone across Edinburgh*

### EDINBURGH SMART HOME

Our Smart Home is an inclusive living space created to showcase how everyday digital technologies can transform the day-to-day lives of people living with disabilities or health conditions and those who have a caring role.

We have a range of the latest technology available from ATEC24 (Community Alarm Service), Blackwood's digital care system Clever-Cogs, as well as off the shelf digital technology such as voice activated smart devices, home monitoring sensors and security, personal digital assistants, and computer access.

The house has been designed to remove any obstacles or issues that may disrupt daily living. This is a good space to come and view should you be considering adaptations to your own home to make it more accessible for you.

Initially you will meet our senior care and support worker for digital technologies who will discuss the solutions that might support you and give you the opportunity to try devices.

### How to contact us:

Tel: 0131 443 3837 (answer machine)

Email enquiries to [ecss@edinburgh.gov.uk](mailto:ecss@edinburgh.gov.uk)

Address: ECRSS

62 Longstone Street

Edinburgh

EH14 2DA



## EDINBURGH COMMUNITY REHABILITATION AND SUPPORT SERVICE - ECRSS

**ECRSS provides person centred, specialist rehabilitation and support for adults who have a physical disability and are living with long term conditions.**

In most cases these are conditions such as Stroke, Parkinson's Disease, Multiple Sclerosis, Motor Neurone Disease and Huntington's Disease.

We consider referrals on an individual basis; thinking about your needs and potential for rehabilitation.

Our team consists of:

- Occupational Therapists
- Stroke Specialist Physiotherapists
- Care and Support Workers
- A Work and Training Advisor
- Digital Technology Team
- An Adult Carer Support Worker

The team work closely with a wide range of other health and social care professionals and voluntary organisations.

*The Edinburgh Community Rehabilitation and Support Service may work with you in different ways, such as:*

- Stroke Rehabilitation
- Connecting you to your community
- Work and Training support
- Specialist Technology support
- Accessing our SMART Home

To make enquiries about the Smart Home, call Annie Seath on 07761 330031  
For OT to access everyday technologies, call Brian Davies on 07711 345379  
For general enquiries please contact: [COTRS@edinburgh.gov.uk](mailto:COTRS@edinburgh.gov.uk)



Working together for a caring, healthier, safer Edinburgh



## Who is ECRSS for?

- You must be aged over 16 years old
- You must reside in Edinburgh and be registered with an Edinburgh GP

When we accept a referral to our service, one of our team will contact you to introduce themselves and arrange a suitable time and place to meet.

When we meet, we will ask questions to learn about you and what you feel is important.

Over time, we will develop a plan together; connecting you with the right people at the right time to help you achieve your goals.

## How to access the service

The service has an open referral system. We accept referrals from people wishing to access the service, their GP, carers and health or social care professionals.

Please contact us for a referral form.

*The next few pages provide information about the different parts of our service*

## STROKE REHABILITATION

We offer multidisciplinary team support and rehabilitation to people following a stroke.

Rehabilitation is based on individual need and goals, and can be delivered in the community or at our centre in Longstone.

*We offer a flexible, personalised service providing 1:1 input or group work - incorporating health promotion and self-management strategies*

It is an integrated service (City of Edinburgh Council and NHS) and we share your relevant medical/social information within the team. Information is shared on a need to know basis and is kept within GDPR guidelines.

We have close links to other services including:

Speech and Language Therapists • The Smart Home and occupational therapy for accessing everyday technologies • Chest, Heart and Stroke Scotland • The Stroke Association • Neuropsychology • Grapevine (welfare checking service) • Visibility Scotland and Sight Scotland • Other statutory/voluntary agencies

The duration of our input is time limited depending on individual rehabilitation need and goals.

## CONNECTING TO YOUR COMMUNITY

Living with a disability should not stop you from exploring your city, being as independent as possible and accessing things that are of interest to you.

After assessing your needs we can offer you specialist advice, and work together with our care and support team to connect you to the community.

*We are particularly skilled in supporting people who have communication, cognitive or complex physical disabilities.*

- Working with you to improve your confidence and skills to access public transport and taxis when you have mobility problems, reduced vision, communication difficulties, have difficulties orientating to new surroundings.
- If you do not meet the criteria for an NHS wheelchair and need some support to identify if you would manage a wheelchair, powered wheelchair or scooter safely, we can help decide what is best for you and guide you to where you could purchase this.
- We can offer supportive practice using your powered wheelchair/scooter in public spaces to build confidence and skills.
- We can help you to identify what is available in your locality that may be of interest to you. This may be to keep active, meet new friends, learn something new and have fun.

- We can introduce technology when appropriate, e.g. apps and smart devices to support safe navigation in the city. We can offer trials of devices to see if they would help you to be safe and independent.

The duration of our input is time limited depending on individual needs and goals.

## WORK & TRAINING ADVISOR

Our Work and Training advisor supports people living with a physical disability or long-term health condition to return to work and supports work retention.

Advice and help is given to people who wish to re-enter paid or unpaid employment after long-term unemployment due to physical disability.

This could include developing a phased return to work plan and identifying reasonable adjustments required to the workplace.

Advice is given to employers on their statutory obligations regarding Employment Law and The Equality Act. This conversation helps employers understand the effects a physical disability or long-term health condition can have on someone in their workplace.

Support can be given to liaise with: Council • Education • NHS • Voluntary sector • DWP (Access to Work) support • Employers

*We also offer a Peer Support Group for people who have had a stroke and are coping with work related issues.*