

How to access this service

To access this service please call the Reading Adult Contact Team (ReACT) on 0118 937 3747 and ask to be referred to the M S Specialist Occupational Therapist.

You can contact us yourself, or someone else can contact us on your behalf.

More Information

The M S Specialist Occupational Therapist post is joint funded for three years by Reading Borough Council and the M S Society.

If you would like more information please contact Shirley Bampton, M S Specialist Occupational Therapist:

Reading Borough Council,
Whitley Social Services,
268 Northumberland Avenue,
Whitley,
Reading RG2 7PJ

Tel: 0118 931 2277

Fax: 0118 931 0682

Email: shirley.bampton@reading.gov.uk

This information can be made available in alternative formats (such as Braille or audio) or other languages on request. Please call ReACT 0118 937 3747

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Community Care Services

In partnership with the



Care and Support for people with Multiple Sclerosis

www.reading.gov.uk/communitycare



If you have Multiple Sclerosis (MS) and you live within the Borough of Reading you can get specialist advice and support from Reading Borough Council's MS Specialist Occupational Therapist.

What is a MS Specialist Occupational Therapist?

The role of the MS Specialist Occupational Therapist is to help you access the adult social care services you need so you can maintain your independence and well being for as long as possible.

An Occupational Therapist works with you to help you overcome the physical, psychological or social problems you experience because of your illness. We focus on what you can do rather than your disabilities.

What can the MS Specialist Occupational Therapist provide?

When you first contact me I will work with you, your family and your carers to help you:

- Identify the care and support services you need and want to help you stay well and live your life the way you want and
- Help you access these services

This could include things like:

- Specialist advice and information for people affected by MS including one to one fatigue management
- Equipment and adaptations to your home that will make it easier for you to get around your home and carry out regular tasks safely and independently

- Information and advice to help you, your carers and other professionals working with you understand and cope with problems associated with MS such as fatigue, anxiety or memory loss
- Manual handling assessments to ensure equipment is provided for safe moving and handling practice for you and your carer(s)
- Assistive technology and/or environmental control equipment
- Postural management for people with complex disabilities (specialist seating)
- Drop in sessions at the MS Therapy centre
- Provision or referral for other adult social care services such as home care, day care/hobbies/education, respite and carers assessments
- Information/signposting for other services you may need (such as Housing, Benefits Advice, Access to Work, Health Advice, MS Nurse, Physiotherapy, Speech and Language Therapy, G P, Splinting, Wheelchair Services, Carers' Organisations & Support groups, Reading & Wokingham M S Society, M S Trust, MS Therapy Centre)

