

• The London Road Clinic •

OCCUPATIONAL THERAPIST

Elizabeth Wainwright DipCOT

Occupational Therapy

Occupational Therapy (OT) aims to provide practical support enabling you to do everyday activities and tasks which matter to you as an individual, such as: getting yourself bathed, doing some baking, gardening, moving around your home safely, catching the bus, doing the shopping, meeting friends or going to work.

Our Treatments

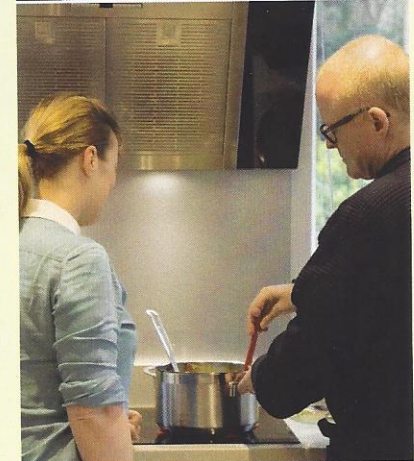
Your initial consultation will take place at The London Road Clinic to understand your individual needs, identify the factors impacting on your quality of life and identify your treatment goals.

Following this, further assessments and treatments can then be identified to work through your goals with the aim of providing effective solutions to promote wellbeing and independent living (where possible) through: regaining skills, the use of adaptive techniques and supportive equipment. New skills may also be taught as appropriate, such as the use of relaxation techniques to help decrease anxiety and increase confidence, or advice on preventing falls.

These further sessions are likely to be in your own environment, this could be at home or wherever the difficulty may lie.

If supportive equipment is deemed appropriate, advice can be provided on the most suitable equipment and, if required, sourced for you.

Your treatment will be tailored to your individual needs. The aim of any treatment is to enable you to be as independent as possible and improve your quality of life.



- For more information or to make a booking contact
- Mob: 07989147038 •
- Email: lizwainwrightot@gmail.com •
- The London Road Clinic
- 96 London Road Leicester LE2 0QS •
- Tel: 0116 285 9490 •
- Fax: 0116 298 8282 •
- www.thelondonroadclinic.co.uk •

Elizabeth Wainwright DipCOT

Elizabeth qualified as an Occupational Therapist in 1991 from Dorset House, Oxford.

Elizabeth has over 20 years experience working in the NHS. Latterly she has worked as the Senior Occupational Therapist within The Falls Service at Leicester General Hospital. This involved working with patients who had balance problems to improve their confidence and independence.

She has worked with a range of conditions from arthritis, neurological conditions such as Parkinson's Disease, to those with dementia. As well as working with those who were being discharged from an acute illness, she has provided rehabilitation to enable people to have increased abilities prior to their discharge home from hospital.

She has been part of a national multidisciplinary team balance group, sharing expertise with consultants and other therapists.

Other Treatments Available

The Occupational Therapy Service can be offered as part of a patient focused integrated service from a multidisciplinary team. The London Road Clinic offers a wide range of services including: Balance assessment, hearing assessment, dewaxing, hearing therapy, physiotherapy and memory clinics.

For more information on all aspects of The London Road Clinic, visit the website at www.thelondonroadclinic.co.uk or send an email to info@thelondonroadclinic.co.uk and one of our specialists will get back to you very soon.



Elizabeth Wainwright
Occupational Therapist DipCOT
HCPC Registration No. OT19780

College of
Occupational
Therapists



Specialist Section
Independent
Practice

hcpc
registered

www.hcpc-uk.org

The London Road Clinic CQC Registered Provider ID 1-1651652657

- For more information or to make a booking contact
- Mob: 07989147038
- Email: lizwainwrightot@gmail.com
- The London Road Clinic
- 96 London Road Leicester LE2 0QS
- Tel: 0116 285 9490
- Fax: 0116 298 8282
- www.thelondonroadclinic.co.uk