

What to expect from an OT assessment

A short guide for adults and families preparing for a private occupational therapy assessment with Restore OT in Grantham and across Lincolnshire.

What an occupational therapy assessment is

An occupational therapy (OT) assessment looks at how you manage everyday activities — washing, dressing, cooking, moving around your home, getting out and about — and what is making them harder than they need to be. It is practical, not a test, and there are no right or wrong answers.

Before your appointment

- We agree a date, time and place — usually your own home, so we can see how you manage day to day.
- We ask briefly about your health, medication and what you are finding difficult.
- You are welcome to have a family member, carer or friend with you.
- It helps to have any equipment you already use to hand (frame, stick, perching stool, bath aids).

On the day — what happens

- A conversation first: what matters to you, what a good day looks like, and your goals.
- A look at how you move around, transfer, use stairs, bathe and manage in the kitchen.

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- A room-by-room review of access, lighting, flooring, seating and hazards, where relevant.
 - Simple functional or cognitive screening if it is useful for planning your support.
 - Trying out practical ideas and equipment together, at your pace.
 - Assessments usually take 60 to 90 minutes. We take breaks whenever you need them.

Afterwards

- A written report with clear, prioritised recommendations you can share with family, carers, your GP or a contractor.
- Advice on equipment and adaptations — impartial and product-neutral.
- An agreed plan, with review or follow-up visits if you want ongoing support.

How to prepare

- Jot down two or three activities you would most like to be easier.
- Wear the footwear and clothing you normally wear at home.
- Have a list of your medication nearby if you have one.
- Note any recent falls, near-misses or hospital admissions.

Your privacy

We are registered with the Health and Care Professions Council (HCPC) and follow professional standards on consent, confidentiality and record keeping. Your information is only shared with others when you ask us to, or where we have a legal duty to do so. This guide is general information and does not replace individual assessment. To arrange an appointment call 0115 647 7997 or email edith@restoreot.co.uk.