

★ CENTRAL OCCUPATIONAL THERAPY SERVICE

GREECE

center, municipality of heraklio attikis

Starting date : 1998

Context

The central occupational therapy service centre was developed in 1998 by the municipality of Heraklio attikis to provide free services to their citizens who face problems with independent functioning. this decreased functional independence may be secondary to disease, trauma developmental and learning delays or psychosocial dysfunction all of which affect their ability to be independent.

Description

The central occupational therapy is the only one of its kind in Greece, at municipality level. Three programs exist that have been developed to meet the needs of the people.

- ❖ Pediatric occupational therapy program
- ❖ Occupational therapy program for adults and elderly, facing problems with independent living
- ❖ Geriatric occupation therapy program

The cases usually refereed are elderly persons with poor or nonexistent support systems who are suffering from a permanent or temporary health problem. This lack of support makes it difficult to live independently and safely with their ailments (health problems).

Fractures cerebral, vascular accidents, Parkinson disease, cardiac illness, rheumatoid arthritis, visual impairments and dementia are few of the ailments that complicate the elderly existing disadvantage faced by the elderly, compromising their safety and independence.

Target Group

- ◆ Children
- ◆ Adults
- ◆ Elderly persons

Means

Budget

Resources from the municipality

Human resources

Occupational therapists, psychologist, secretary

Assessment

Positive aspects

- ❖ Free services for the citizens
- ❖ Immediate access and assistance at high level services, prevention, rehabilitation, care in their place of residence,
- ❖ Decrease of the financial cost in the annual budget of Greece
- ❖ Interpersonal relationship between the citizens who use the services and the staff

Negative aspects

- ❖ The staff is not sufficient for the number of services provided, for example there is a lack of speech therapists, physiotherapists,
- ❖ The equipment is not enough, as it exists in hospitals, for example

The goals of the occupational therapy intervention are :

- ❖ Maintenance or increase of function or functional independence,
- ❖ Prevention of secondary implications
- ❖ Increase patients insight to an acceptance of their ailment and its apparent resulting disability
- ❖ Prevention of accidents and increase safety
- ❖ Increase participation in daily activities fulfilling their roles as active members of the society (social, family etc.)

Intervention may include :

- ❖ Therapeutic techniques to improve their deficits
- ❖ Training, including the use of compensatory strategies and adapted equipment to increase independence
- ❖ Education of caregivers on proper handling techniques (safety and so on.)

❖ **Ergonomic assessment of areas they live and spent time in, and when modifications are needed to be made (for example a ramp to be put in.) the OT provides assistance through all the modification process (assessment of what is needed, recommendations, assistance with the ordering process, education and so on.)**

Services are also extended to include the elderly who have a higher level of functioning to assist them in maintaining their current level of safety and autonomy.

A final evaluation is performed at the end of the intervention utilizing the comp to ensure that the patient feels they have achieved increased autonomy, especially in the areas they feel are of the most importance. Follow up appointments are scheduled at 3 or 6 months time to verify maintenance of the newly achieved safety and independence with ADL's.

The feedback they receive is very positive. The persons who have received the services feel they can better participate in their daily activities, with greater safety all of which contribute to an increased quality of life.

Partners

- Municipality social workers
- "help at home" and "social providence" programs
- Municipality doctors who provide free medical services in the community
- Day care centers for the elderly (K.A.P.I)
- Teachers from local schools (regarding children)
- The Alzheimer centre of Athens and of Thessaloniki
- general hospitals

CONTACT

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