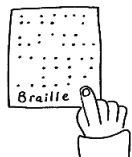


## Seeing an occupational therapist for an AMPS assessment



This leaflet is available in other languages or formats



For more information see [www.cwp.nhs.uk](http://www.cwp.nhs.uk).

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Information for service users and carers

## What is an AMPS assessment?

An occupational therapist helps people in lots of different ways. One of the ways they help people is to do an assessment of their skills and this is called AMPS.

AMPS looks at the activities people do every day to look after themselves.

- Making a hot or cold drink
- Making a hot or cold snack



- Getting dressed or washed
- Doing housework
- Going shopping

The occupational therapist might ask to see you do some of these activities.

This helps the occupational therapist to find out

- the things that you are good at
- the things you may need some help with

## What will happen after your appointment?

The occupational therapist will look at what you have done and write a report.



The occupational therapist will telephone you and arrange to meet with you and your carer.

The occupational therapist will talk to you and your carer about how you have done in the assessment.



If you have any questions you can contact the occupational therapists at

**Sticker will go in here.**

## Things you may need at your appointments

If you have glasses please bring them to your appointments.



If you wear a hearing aid you will need to wear it for your appointments.

The occupational therapist will arrange anything else that is needed for your appointments.

## Your appointment

The occupational therapist will phone or write to you to arrange an appointment.



They will usually visit you at your house.

The first appointment will take about 1 hour.



The occupational therapist will talk to you and your carer about the activities you do for yourself.



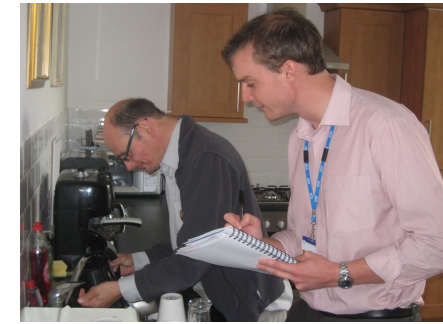
The occupational therapist will help you to choose at least 2 of the activities for the assessment.

If you have any questions or worries you can ask the occupational therapist.

The occupational therapist will arrange an appointment to come and watch you do the activities.



The occupational therapist will watch you doing the activity and will write things down.



When you do the activity the occupational therapist will not talk to you.

### What will happen at your next appointment?



The occupational therapist will talk to you about how to do one of the activities you have chosen.



The occupational therapist will then talk to you about the second activity you have chosen.

The occupational therapist will ask you to do the activity.



The occupational therapist will ask you to do the activity.



They may ask you to do it a bit differently to how you usually do it.



The assessment will take up to 2 hours.