

empowering you with the necessary life skills in order to face those challenging life problems!

Each week is dedicated to a different topic:

- Soberness
- Stress management
- Anger Management
- Communication
- Self-assertiveness
- Conflict handling
- Day planning
- Free time
- Self image
- Relapse

Who is the OT?

The OT is a professional qualified therapist who has obtained a four year degree from a university. She is thus extremely capable of assisting you during your life-long journey of alcohol abstinence.

Need More Information?

Please feel free to contact the hospital or the occupational therapists.

National District Hospital
Roth Street
Willows
Bloemfontein
051 403 9600

Occupational Therapy
Tel: 051 403 9678



Occupational Therapy for Alcohol Dependency



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How can an Occupational Therapist (OT) assist you with Alcohol Dependency?

The OT presents programmes in order to assist the alcohol-dependent person to:

1. maintain a sober lifestyle
2. prevent relapses
3. cope with stressful or difficult situations in everyday life
4. cope with emotions associated with dependency

In addition, the programme serves as a support system to the alcohol-dependent persons as well as their families.

These aims are achieved by means of a comprehensive life skills programme.

What are Life Skills?

Life Skills are our abilities that help us to cope with difficult/traumatic events in our lives. There are many ways of coping with adverse events. Some people cope with these events by facing their problems, while others use ineffective coping skills such as denial, avoidance or drinking excessively.

In order to cope with problems in a healthy way, we need appropriate life skills. This means learning to handle stress, anger and frustration in a socially acceptable manner; being able to

communicate your needs and thoughts to others in a way that is clear to them; and being able to recognize and control your own emotions.

Alcohol Withdrawal and Dependency Treatment at National District Hospital (NDH)

Phase One

If you or a family member feels that you are unable to stop using alcohol excessively, you can go to the Casualty Department at NDH. The doctors will examine you, and if necessary, will admit you to a ward for the withdrawal regime.

Phase Two

During hospital admission, you will be referred to and consulted by the:

- OT
- Social Worker
- Psychologist

The OT will give you an appointment to start attending a rehabilitation programme as an outpatient after discharge.

OT Alcohol Support and Rehabilitation Programme

This programme is on an outpatient basis and takes the form of a group. The programme's main aim is to provide you with support during your continued abstinence from alcohol after discharge from hospital, as well as providing and