

# Professional Referral Guide

## Independent occupational therapy after hospital discharge

We assess adults in person at home across the UAE and provide clinically justified recommendations for equipment, transfers, falls prevention and home adaptations. Virtual consultations are available as an optional first step when appropriate.

### Who can be referred

- Adults returning home after illness, injury, surgery or hospital admission.
- People experiencing falls, unsafe transfers or difficulty with everyday activities.
- Clients who may need mobility, bathroom, seating, transfer or manual-handling equipment.
- Wheelchair users or people facing access barriers at home.
- Families and carers who need independent clinical guidance.

### Diagnoses and situations supported

- Stroke, acquired brain injury, Parkinson's disease and progressive neurological conditions.
- Orthopaedic recovery after fractures, joint replacement or surgery.
- Frailty, recurrent falls, deconditioning and risk of avoidable readmission.
- Complex disability, wheelchair access, seating and pressure-care concerns.
- Carer strain, unsafe transfers and manual-handling risk.

### Coverage and clinical boundaries

Services are available in Dubai, Abu Dhabi and across the UAE, subject to location and clinician availability. Adapt OT is not an emergency service. For urgent medical concerns, contact the appropriate emergency or treating medical team.

## What happens after referral

- We review the referral and confirm that consent is in place.
- We aim to contact the patient or family within one working day.
- We arrange the earliest clinically appropriate in-person home assessment, subject to urgency, location and availability.
- A virtual consultation may be offered as an optional first step when useful.
- We explain immediate priorities and provide a prioritised, clinically justified written report when commissioned.

## What the professional receives

- Independent recommendations with no equipment-sales conflict.
- Clear priorities for safety, function, transfers, falls prevention and carer support.
- Equipment-first guidance, with adaptations recommended only when clinically required.
- Feedback and documentation shared with appropriate consent.

## Information needed for initial triage

Please provide only the minimum necessary information: referrer name, organisation and role, professional contact details, patient initials, patient or family contact details, location/emirate, expected or actual discharge date, consent confirmation and the principal concern. Do not send extensive medical records at the initial stage.

**Refer online:** [adaptotuae.com/refer-a-patient/](https://adaptotuae.com/refer-a-patient/)  
**Professional email:** [info@adaptotuae.com](mailto:info@adaptotuae.com)  
**Telephone / WhatsApp:** +971 58 970 0449

## Consent and privacy

The patient or authorised representative must consent to Adapt OT contacting them. Information submitted is used to respond to the referral, arrange assessment and provide agreed clinical services. Clinical information is shared only where appropriate and with relevant consent.