**Personal role**

Personal roles can change considerably when you have a new diagnosis of a long-term condition. In life we have a variety of roles, including - family/ partner, work, and voluntary roles. Adapting to having a long-term condition can have an impact on these roles. This process usually takes some time to work through and figuring out what is important to you and how to ensure that your needs are met is often a challenge.

Accepting this change can be a daunting and upsetting realisation for some, often people will express grief for their change in role and identity. This can change people's social lives and can have a large impact on their relationships. Talking through these changes with others who have gone through a similar process can be useful.

**Services that may be helpful**

 **Social Services:**

<https://www.versusarthritis.org/about-arthritis/living-with-arthritis/social-services/>

Social services may be able to arrange for you to have help with personal care and advise you on local schemes that offer help with housework and shopping. Social services occupational therapy can help adapt your home to make activities of daily living do-able. Such as ramp access, handrails, raised chairs

<https://www.bristol.gov.uk/social-care-health/adults-and-older-people/occupational-therapy>

**Occupational Therapy at the Bristol Royal Infirmary:**

Occupational therapy aims to improve your ability to do everyday tasks if you're having difficulties. Occupational Therapy can assist you in how to manage activities of daily living and making tasks that are challenging simpler so that you can enjoy the bigger things in life. For example, gadgets and devices to help with food preparation or assist you with putting socks and shoes on. Occupational therapists also have a wealth of knowledge to assist with work related concerns and difficulties.

Obtain a referral from your GP, consultant or nurse specialist. If you are on Direct Access call the helpline.

All round information in your local area:

The Well Aware website provides information on a wide range of organisations; support groups, community groups, events and activities that can help improve your health and wellbeing in Bristol and South Gloucestershire.

<https://www.wellaware.org.uk/>