



**Intensive Day Treatment
for Eating Disorders**

Support at Orri for Families and Carers.



Caregiver Assessment.

At Orri, we understand the importance of the role of the caregiver and are aware of the demands this role may have on the carers' lifestyle. Evidence suggests caring for other people can have significant impact on mental and physical wellbeing. For this reason Orri has created a care assessment Carer Health Style Profile. This enables the caregiver to assess their own needs and the Orri team will support and signpost help for them during this process.



Connecting with other People in a similar position.

Orri recognises that the complexity of caring for an individual may be difficult for others not in this position. To understand, therefore, we offer opportunities for the caregiver to share experiences and gain advice and support from people who are or have been in a similar position.



Carers/Sibling groups.

Carers groups are regularly run within the facility to enable the carer to share experiences and gain support from individuals within a similar position. The sessions are facilitated by an experienced member of the team and the areas discussed are directed from the carers to ensure they are relevant and in the moment.



Carer Expert by Experience Role (EbyE).

Orri is fortunate to have several caregiver experts who have been invaluable in shaping our service. They also volunteer to provide support in the form of a chat and a cup of tea session or practically within the kitchen, providing their invaluable insight into the role of a caregiver.



'Ask Orri' Support line.

It is Orri's aim to ensure support is always available to support and guide the carer working as a collaborative team with the carer, individual and the team.



Cooking Tutorials.

A carer may wish to join the OT or Orri's carer expert in the therapy kitchen to gain confidence and practice with a varied selection of meals and practice portions sizes independently, before working with the person they care for.



Come dine with me meal session.

Alternatively, carers may wish to work alongside the individual and the OT to collaboratively gain confidence and gain a deeper understanding of the practicalities and emotions of 'in action' mealtimes. The aim of these sessions is to develop confidence in the relationship with food and each other.



Access to individual professional's expertise.

Orri's full team of experts will be on hand to discuss whichever area within the multi professional team the person requires.