

Seeing your Occupational Therapist

Children's Occupational Therapy Service



Why are you seeing an Occupational Therapist (OT)?

Your doctor, teacher, parents or carers asked the OT to see you.

What does an Occupational Therapist do?

An OT uses activities (e.g. games, play, writing) to help you achieve what you want to do and want to get better at. Sometimes small pieces of equipment are needed for this, such as a different pair of scissors, a different spoon, etc. This could be at school or at home.

How can an Occupational Therapist help?

OTs work with you, your teachers, your parents or carers to help with something you find difficult.

Here are some examples of how an OT can help children:

Self Care

The OT can think of ways a child's house could be changed to help make everyday life easier.

The OT could provide a bed to help a child to get in and out of bed safely.

The OT could provide a chair that supports a child's sitting to enable them to eat their food.

Play

An OT can give a child and their parents/carers ideas to help if touch, sound, vision or movements stop a child working and playing happily.

These ideas, toys and games are called 'sensory' because they are all about the child's senses.

The OT can give a child ideas for games to improve co-ordination and balance skills to play even better.

School Work

An OT can help a child who is always busy and finds it difficult to concentrate in lessons.

An OT can talk with teachers and parents about games and activities to help improve handwriting.

An OT can suggest equipment that could help a child with their class work such as a grip on their pencil or a special cushion on their chair.

Where will you meet the Occupational Therapist?

You might meet the OT at their clinic, your school or at your home.

What happens at the first appointment?

The OT will want to know what you're good at and what is difficult.

They will talk to you and your parents or carers.

They may have some activities for you to see how you can do them.

Have a go at this! You can write or draw

What I am good at:

What happens after the first appointment?

The OT may need to see you again or will just give advice of ways to help you, your parents, carers or teachers. This will be talked about at the appointment.

The OT might talk to your doctor, other therapists and / or people who might be able to help you further.

How can I let the Occupational Therapist know what I thought about the appointment?

The OT will always want to hear what you thought about how the appointment went.

You can tell them yourself or ask your parents, carers or teacher to let them know.

See you soon!

For further information about this service contact:

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If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.