

Children's Occupational Therapy Services

Patient information leaflet



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What is occupational therapy?

The Children's Occupational Therapy Team help children who have difficulty in participating in everyday activities to live more productive and enjoyable lives. We can help your child to become more independent in the things they need and want to do, including:

- getting dressed
- cleaning their teeth
- toileting and washing
- play
- school
- leisure activities (sports, games, hobbies, social life).

How do we work?

We work with children aged 0 - 19 years who have difficulty with participating in everyday activities due to a physical disability or medical condition.

Together with parents and other professionals, we help children to achieve their full potential by:

- Assessing your child's strengths and needs.
- Encouraging activities which will develop your child's skills.
- Removing environmental barriers to your child's participation wherever possible.
- Reducing the impact of your child's illness or disability and building on their strengths.
- Signposting you to other agencies who can help.

Who can refer?

We accept referrals from any professional who knows your child including GP, school, SENCO and other health professionals.

What we do

We work with children and their families/carers in clinics, home or school as appropriate.

We provide assessment and intervention to develop your child's self care and independence skills, fine motor skills, visual perceptual skills and ability to play and participate in community activities. We achieve this by:

- Offering information and advice about how you can help develop your child's abilities.
- Offering group or individual treatment sessions.
- Providing (or giving advice on) aids and equipment that will help your child with their everyday living skills.

The appointment

An initial assessment and appointment usually lasts approximately one hour. A map of the venue will be sent with your appointment letter.

On your first visit please bring any information e.g. letters or reports you have about help that your child is currently receiving from school or other services, any questionnaires you have been sent to complete and your child's Personal Child Health Record (red book).

We will make every effort to keep our child's appointment time. However, it is very difficult to know in advance exactly how long each appointment or home visit will take as each child's needs are different.

Interpreters/accessibility

Interpreters (including British Sign Language) are available to attend visits. If you need an interpreter or have any other questions about the service or accessing facilities (such as wheelchair access) please telephone the number on the front of this leaflet before your appointment so that we can arrange this for you.

How often to attend?

Following your initial appointment we may provide you with advice or refer you to another service. If regular sessions with an occupational therapist are needed, a therapy plan of the number of sessions required and dates will be agreed between you and your therapist. The venue may be different to that of your first appointment depending on your child's needs. If you are unable to attend please contact us (number on the front of this leaflet) in good time, so that we are able to offer your appointment to someone else.

Quality

All our occupational therapists are registered with the Health Professions Council (HPC) as the national regulatory body and the service has links with the College of Occupational Therapy.

Our therapists maintain (and keep ahead of) local and national initiatives to ensure quality is being achieved with children and families within Leicester, Leicestershire and Rutland. All occupational therapy staff have enhanced Disclosure and Barring Service (DBS) clearance. The DBS replaced the Criminal Records Bureau (CRB).

If you need help to understand this leaflet or would like it in a different language or format such as large print, Braille or audio, please ask a member of staff.

Opening times:

Monday to Thursday
8am - 5pm

Friday 8am - 4.30pm

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Last reviewed: June 2019

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