

Children's Occupational Therapy Service

Information for Patients and Families



Occupational Therapy Service
Tel: 0116 295 2495

Who will refer my child to your service?

Your child will usually be referred by a health or social care professional. School SENCOs can also refer your child to the service. We do not accept referrals from parents or carers.

We see children who might need interventions to help with:

- Complex physical needs (birth trauma, genetic disorder, acquired and congenital disorder autistic spectrum disorders)
- Neuromuscular conditions
- Acquired conditions
- Developmental Co-ordination Delay / Dyspraxia / Attention Deficit Hyperactivity Disorder
- Cerebral Palsy
- Environmental circumstances

What is children's occupational therapy?

The Children's Occupational Therapy team works with children and young people from birth to age 18 (up to 19 years in statutory education) who have difficulty participating in everyday activities because of physical disability or a medical condition. We aim to help these children to live more productive and enjoyable lives.



We will often talk about “function”. This means thinking about how a child goes through each day and what things they need to be able to do in their daily life. This may include self-care, eating meals, sleeping, doing chores, attending school, homework, playing, getting ready in the morning.

We strive to improve the following areas of your child's life:

- Fitness
- Function
- Friends
- Family
- Fun
- Future

How do you assess my child?

A qualified Occupational Therapist will assess many aspects of your child's skills including getting dressed, managing their own personal care, play, engaging in leisure activities and participating in school.

As your child continues under our care, reassessment may occur as your child continues to develop, change and grow.

How often do you see my child for therapy?

This will depend on the level of specialist input they require.

Children who have had surgery or orthopaedic treatment might need seeing more frequently. Our work with your child is directed by what their goals are. Activities will be recommended to your child's family and/or school to improve their skills between appointments.

Therapy Support Workers (TSW):

As well as being supported by a qualified physiotherapist, your child might be seen by a TSW. A TSW delivers treatment to the patients known to our service. The work TSWs complete is delegated by a therapist who will oversee the care.

The role of a TSW includes -

- Supporting the delivery of a therapy programme through completing sessions with the child in the most appropriate environment relating to their specific goals. More information about where we see your child is below.

- Reviewing and adjusting certain pieces of equipment that has been provided by the service under the guidance of your child's named physiotherapist.

Some of our TSWs are trained Trusted Assessors. This means they have additional training and are able to complete specific pieces of work independently.

Where do you see my child?

Your child will be seen in one of our clinic sites around Leicester, Leicestershire & Rutland. We see most children in our clinic spaces because we have specialist facilities with all the relevant equipment needed for our assessments. Occasionally we may see your child at home or at nursery/school, if needed, to assess a different environment for a specific reason.

What else will you provide for my child?

- We recommend home based activity programmes in which we will teach the parents/carers to carry out exercises at home/school.
- Assess for some free-standing equipment to promote working towards independence.
- We can work with our Social Care OT Colleagues towards meeting any long-term equipment needs.
- We can signpost to other services that we feel may benefit.

What do we expect from you?

The aim of intervention is for the family/carers to be able to understand and self-manage their child's condition and ongoing needs. Therefore, family members are expected to participate actively in your child's therapy programme. As parents/carers, you know your child the best, so you will know how to motivate them through adapting lifestyles and activities so being involved as much as possible is important.

When will you discharge my child?

Yes, we will aim to discharge your child once their goals have been met and they no longer require specialist input. This is known as an episode of care. The length of an episode of care will depend on the level of input needed.

If new needs are identified after discharge, another referral can be made back to the service. Some children with long term conditions might be seen for longer periods of time or until they reach adulthood.



Useful Links

Early Help

Leicester: <https://www.leicester.gov.uk/media/182445/one-number-leaflet.pdf>

Leicestershire: <https://www.leicestershire.gov.uk/education-and-children/social-care-and-supporting-families/early-help-for-children-and-young-people>

Rutland: <https://www.rutland.gov.uk/children-young-people-families/family-support-early-help-service>

Local Offer

Leicester: <https://families.leicester.gov.uk/send-local-offer/>

Leicestershire: <https://www.leicestershire.gov.uk/education-and-children/special-educational-needs-and-disability>

Rutland:
<https://www.rutland.gov.uk/rutland-information-service/send-local-offer>

Sleep Charity Website: <https://thesleepcharity.org.uk/>

Chat Autism:
<https://www.healthforkids.co.uk/leicestershire/introducing-chatautism/>

The Six F-Words for child development:
https://childinuoxford.com/wp-content/uploads/2023/04/F-words_Poster_Child_Development-4June2020.pdf

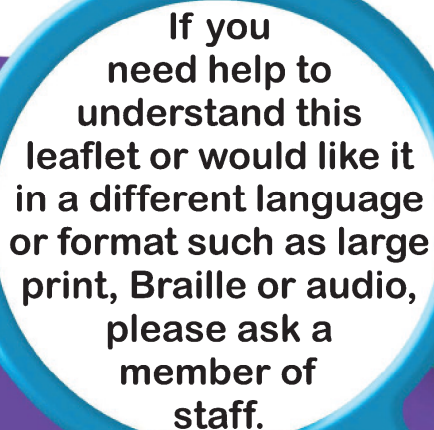
Care Navigation

Care navigation is an administrative team working together with health professionals and external partner agencies to support children and young people aged 0-19.

The service can offer support with -

- Directing you to local support networks.
- Collating and sharing information with professionals involved to enable a more efficient service.
- Providing confirmation of health appointments detailing the clinic, date, time, and venue.
- Act as a point of contact for families and professionals when support with health required.

Care Navigation contact number – 0116 215 3269



**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.**

Date implemented: 03/2025
Last review 01/2025
Review date: 01/2027
Leaflet No. FYPC/OT/01