

## How can Occupational Therapy support your child?

Occupational Therapy (OT) enables people to participate in daily life to improve their health and wellbeing. Daily life is made up of many activities (or occupations). Occupations for children or young people may include self-care (getting ready to go out, eating a meal, using the toilet), being productive (going to nursery or school, or volunteering), and leisure (playing with friends or doing hobbies).

We can support children and young people with:

### Self-care

- ❖ Taking clothing on and off
- ❖ Fastenings
- ❖ Tying (ie hair, shoe laces)
- ❖ Toileting (including hand washing)
- ❖ Meals and snack time (including managing pack lunch, using caring cutlery).



### Productivity

- ❖ Recording written work (including accessing IT)
- ❖ Cutting and pasting (including tools).



### Participating in school routines

- ❖ Play time
- ❖ School tasks in the classroom
- ❖ Managing the sensory/physical environment
- ❖ Lunchtime
- ❖ Organising materials and resources.



### Leisure

- ❖ Accessing play time
- ❖ Playing sport and PE.



### OT Helpline

For questions, support and advice, please call our OT Helpline on **07974 230 554**. The helpline is available on Tuesdays and Thursdays from 2.00pm to 4.00pm for parents and carers, nurseries, schools and other professionals.

### Online resources

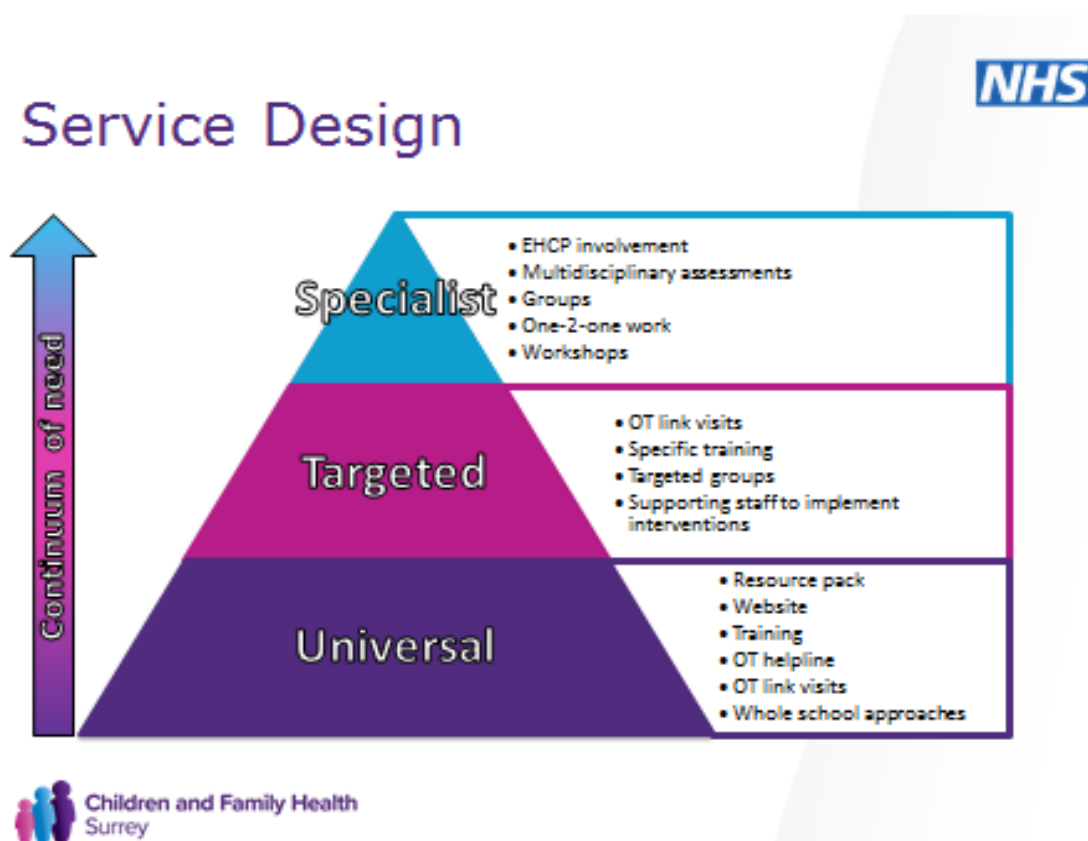
Visit our website [www.childrenshealthsurrey.nhs.uk/services/occupational-therapy](http://www.childrenshealthsurrey.nhs.uk/services/occupational-therapy) to access a range of free online resources and a 'Resource Finder Tool' which is a self-service approach to help you get the right help and support.

## Occupational Therapy Service

The Occupational Therapy service is delivered in a range of ways to meet the varying needs of children across Surrey, as illustrated in the diagram below.

**Universal and Targeted services:** the aim is that these services can be accessed by all children, parents and professionals as an integrated part of their school, nursery, home everyday living activities, without a referral to the Occupational Therapy team being required (using the OT Helpline and online resources available).

**Specialist service:** the aim is that children needing specialist support are identified through Universal or Targeted services and referred into the Occupational Therapy service through assessment by parents or professionals.



## Get in touch

We are planning new information and training sessions/workshops for parents, teaching and support professionals. Please send us your views on what you would like these to cover and where you would like them to be held by emailing [csh.surreychildrensot@nhs.net](mailto:csh.surreychildrensot@nhs.net)

