

## How long will the service work with my child?

This depends greatly on the needs of your child and the outcome of the initial assessments.

Your child may be discharged if:

- they no longer have any therapy needs
- equipment has been provided to meet your child's needs at home or school
- your home has been adapted or you have been re-housed to meet the needs of your child.

If your situation changes, your child can be referred back to the service if they continue to meet the service criteria.

## For all enquiries and referrals

Please contact:

**Children's Occupational Therapy Service**

**Tel:** 01923 470 680 option 3

**Email:** [hct.cyptherapies1@nhs.net](mailto:hct.cyptherapies1@nhs.net)

**Website:** <https://www.hct.nhs.uk/cypt-ot>

## We love getting your feedback

We want to know what is working well, and what may need improving. We do not identify people who give feedback and always ask permission to share their stories.

Whether you want confidential help and advice, have a comment, compliment, concern, or complaint, you can contact:

### Patient Advice and Liaison Service (PALS)

**Tel:** 0800 011 6113

*(10:00am to 2:00pm, Monday to Friday.  
Messages can be left outside these hours.)*

**Email:** [pals.hchs@nhs.net](mailto:pals.hchs@nhs.net)

### Hertfordshire Community NHS Trust

Unit 1a Howard Court  
14 Tewin Road  
Welwyn Garden City  
Hertfordshire  
AL7 1BW

**Telephone:** 01707 388000

**Fax:** 01707 321840

**Email:** [hct.communications@nhs.net](mailto:hct.communications@nhs.net)

**Web:** [www.hct.nhs.uk](http://www.hct.nhs.uk)

## Children's Occupational Therapy

*Information for parents and carers*



## **A children's Occupational Therapist helps a child who has a disability or additional needs to be as independent as possible at school, nursery and/or home by working with the child and their family.**

This may be by looking at new ways of doing activities, providing specialist equipment and/or adapting the home.

### **Why would my child need to be seen?**

- They have a disability or condition that significantly impacts their participation in everyday activities.
- They have a long-term disability or chronic illness that significantly affects their daily living and access to their home or school environment.
- They are due to be discharged from hospital and needs specialist equipment to help them access their home/school.



## **What will my child's Occupational Therapist (OT) do?**

Following an assessment at your local children's centre, your home or your child's school/nursery, the OT may decide to do one or more of the following:

- Provide advice and treatments. Treatments may be on an individual basis or in group sessions.
- Provide an activity programme for home, playgroup, nursery, or school.
- Recommend and provide specialist equipment for at home, school, or nursery.
- Advise on building works at home or school to improve access.

### **Who is able to use the service?**

Depending on the reason for the referrals, your child will be able to access our service if he/she are registered with a Hertfordshire GP, attend a Hertfordshire school, or live within Hertfordshire.

- For therapy provision or a school assessment, your child will require a referral from a medical professional/ educational staff member to access the service.
- For an assessment of your home, you are able to refer your child directly to the service completing the Social Care Occupational Therapy Referral Form on our website: <https://www.hct.nhs.uk/cypt-ot>

## **What will happen once a referral has been made to the service?**

An OT will consider the referral information against the service criteria.

- If the referral is accepted, you will receive a waiting list letter.
- If the referral is not accepted, you will receive a letter informing you of this and we will endeavour, where possible, to signpost you to other services who may be better able to meet your child's needs.
- Please see our universal offer and information on our website to help you support your child.

### **The areas your Occupational Therapist may work on**

This depends on your child's difficulties, but could include one or more of the following:

- Independence in self-care skills such as feeding, toileting and dressing.
- Sensory or hand function difficulties, e.g. motor functions, balance writing, scissor skills, play.
- Access to the curriculum in schools, e.g. position in class, recording information.
- Posture, positioning and safe handling, e.g. specialist seating, supportive toileting equipment etc.
- Advise on safety within the home, school or nursery.
- Supporting you, any possible carers and classroom staff to care for and work with your child.