

Have a little think

Now you have seen the list of things we can help with.

Can you see anything there that you are really good at?

Can you see anything there that you wish you could be a little better at?

Using the paper below or your own, make a list of the things that you are good at and the things that you wish you could be better at:

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Contact us

☎ 0121 722 8010

✉ paediatric.occupationaltherapy@nhs.net

🌐 childrenscommunitytherapies.uhb.nhs.uk

📍 Children's Therapies

Occupational Therapy
Chelmsley Wood Primary Care Centre
16 Crabtree Drive
Chelmsley Wood
Birmingham
B37 5BU



Building healthier lives

PI24/2407/02 Date: June 2024
Review date: June 2026



University Hospitals Birmingham
NHS Foundation Trust

Solihull Children's Occupational Therapy Service

A helpful guide for young people



What is Occupational Therapy?

Children's Occupational Therapy helps you to live your best life. It's about helping you to do the things you want and must do on a day-to-day basis. Sometimes it is shortened to O.T.

Children's – This means that we work with children and young people aged 0–18.

Occupation and Occupational –

Occupation is another word for activity. These could be activities that we need or want to do to look after our health and wellbeing. See the opposite page for examples!

Therapy or Therapist – This means to help a person. Sometimes, we may find it tricky to do our daily occupations (activities). It is our job to find out what occupations you would like or need to do and offer help to make this easier for you.



What do we do?

Our job is to find out more about the activities that you are good at and the activities that you would like to be better at. All our work is focussed on what is important to you and what you would like to be able to do.

Maybe you would like to learn how to dress yourself without help from your Mum or Dad, maybe you would like to feel more comfortable when writing at school or you want to learn how to ride your new bike.

We try to find out more information about the world around you, the task you would like to do, and the tools you may use to do it (for example, the type of bike you would like to ride). All these things can impact how you carry out your occupations!



What can we help with?

Here are some examples of the occupations we can give advice and support on:

Self-care

- Washing and dressing
- Toileting
- Sleep
- Applying make up/styling hair
- Putting on a headscarf or wrap
- Feeding skills



Productivity

- Accessing the classroom/workplace
- Handwriting
- Household chores
- Accessing religious activities
- Organising self and belongings



Leisure

- Playing sports
- Cooking/baking
- Going to the cinema
- Accessing playground equipment
- Anything you **enjoy!**

