

Occupational Therapist

The occupational therapy team supports children with specific difficulties which affect their ability to plan and carry out the movements required for everyday tasks. These difficulties may affect their awareness of their surroundings and self-care skills, which may impact on the child performing independently. They provide support to children across the whole of Hampshire, Southampton and Portsmouth.

Occupational therapists provide support and advice for children from birth to 19 years. No types of difficulty or disability are excluded as they give support based on need, not diagnosis.

They support children with one or more of the following difficulties:

- sitting and positioning
- handwriting and using a pen / scissors
- co-ordination affecting self-care skills (dressing, eating, toileting)
- co-ordination affecting independence (riding a bike, social games, physical education (PE))

Occupational therapists assess children to build up a picture of their skills and find out their exact abilities, difficulties and needs. This may include one or more of the following:

- formal assessments or tests
- informal play-based assessment
- watching the child at nursery, school or home to see how they move
- talking with those who know them best and speaking to other professionals involved in their care.

After your first appointment, if further support is needed, they may suggest one or more of the following.

- advice and coaching to parents, carers and other professionals to help them apply practical ideas to support your child
- training and advice for parents and other professionals involved in your child's care
- direct therapy, either individually or in groups
- activities and programmes for home and pre-school or school
- advice on specialist equipment that may be needed to help with seating
- advice on specialist activities to help handwriting
- discussion and liaison with other agencies to allow us to work together to meet your child's needs
- onward referral to other agencies or professionals who may be able to help

How to contact the Occupational therapist team:

You can call them on **0300 300 2019** to:

- make or rearrange an appointment
- cancel an appointment
- discuss any questions or concerns you have about our service
- make a complaint or tell them about something that they did well.

Alternatively, you can contact them via email

at SNHS.Solentchildrenstherapyservice@nhs.net or write to them using the address below:

Children's Therapy Service, Stoneham Centre, Moorgreen Hospital Site, Botley Road, West End, Southampton, SO30 3JB

(Taken from <http://www.solent.nhs.uk>)