



Occupational therapy practitioners

HELP PEOPLE OF ALL AGES

develop the skills they need for success in everyday life where they

LIVE, LEARN, WORK, AND PLAY.

#OTMONTH



Welcome: Meet the Team

Our Leadership Team

- Amy Hart
- Leigh Moir
- Pippa Bloor

Our OTs:

- Fiona McMullan
- Rachel Pearce
- Christophel Yeshuana
- Imogen Steyl
- Georgia Smith

OT Assistants:

- Uta Williams
- Veronica Dusa
- Mia Crees
- Elkie Sewell

Goals:

- To understand the role of Occupational Therapy.
- To understand the OT services available and what they mean:-
Support for All, Targeted and Specialist.
- How to use our Website and Online Resources.
- Strategies for managing Sensory Needs

What is Occupational Therapy

OT's help people across the lifespan participate in the things they want and need to do through the therapeutic use of everyday activities (occupations).

American Occupational Therapy Association 2017



Domains of OT Practice

Self-Care

- Toileting
- Bathing
- Dressing
- Feeding
- Sleeping
- Grooming and Hygiene
- Meal Preparation

Productivity

- Handwriting
- Organisation
- Regulation
- Routines
- Participation
- Tool use

Leisure

- Sports
- Play
- Physical education
- Hobbies
- Social Activities
- Craft / Arts for fun

When can OT help?

OTs help with **functional issues**....

- Billy has hypermobile joints and is struggling to hold a **pencil to write** and also to **do up his buttons**.

Rather than....

- Billy has hypermobility he is very floppy.

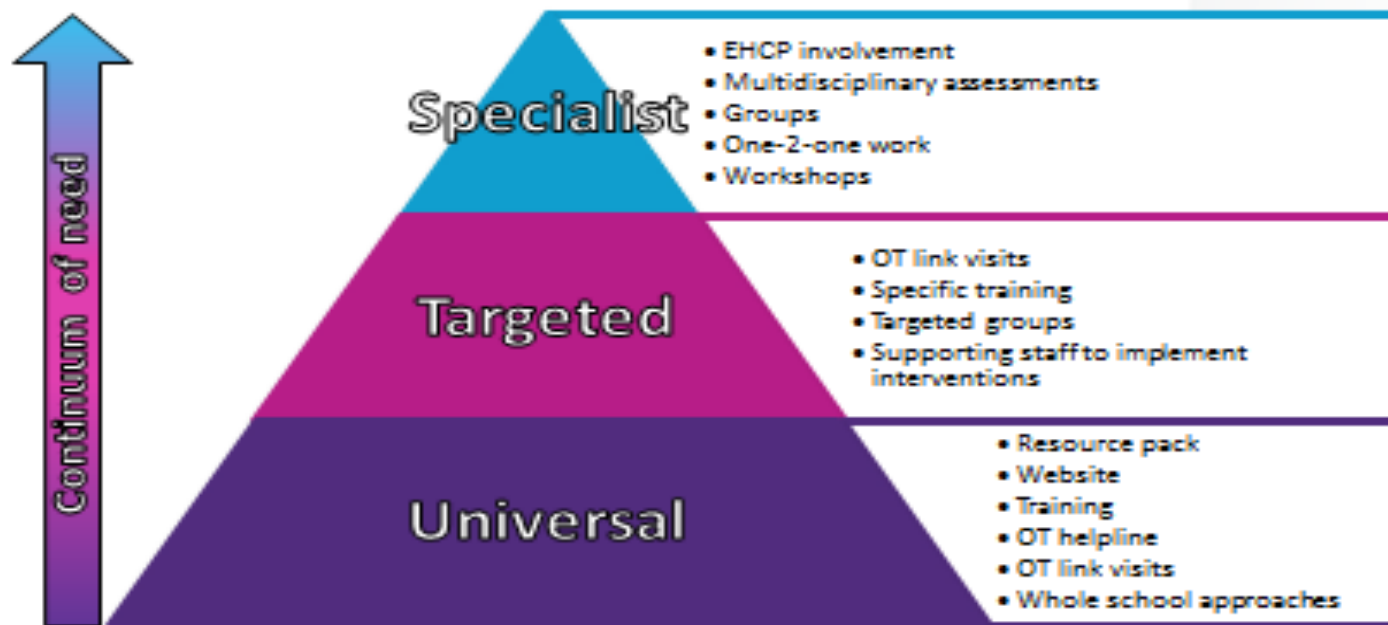
(If Billy can still write, do buttons, hold his cup etc then he does not have any functional struggles.)

When you ask for an OT remember to tell them what it is the child cannot do (the functional task).

What does OT look like in school



Service Design



Using the website



[Home :: Children and Family Health Surrey \(childrenshealthsurrey.nhs.uk\)](https://childrenshealthsurrey.nhs.uk)



Select Language



[Home](#) [About Us](#) [For Families](#) [For Professionals](#) [Contact](#)

Children and Family Health Surrey

Providing NHS community nursing and therapy services for **children and families** across Surrey and parts of north east Hampshire. We aim to give children **the best start in life** through our first rate health services

Professional



















Using the website

[Home :: Children and Family Health Surrey \(childrenshealthsurrey.nhs.uk\)](https://childrenshealthsurrey.nhs.uk)

Children and Family Health Surrey services are provided as a single service under one contract by CSH Surrey, First Community Health and Care, and Surrey and Borders Partnership NHS Foundation Trust.

Find out about our services by selecting a group from the list below or visiting the 'For Families' section.

  Advice Line	  What to do if your child is unwell	  Infant feeding (inc breastfeeding)	  Pregnancy, birth to 4 years
  5 - 19 year olds	  Therapies	  Children with additional needs	  Emotional health and wellbeing

<https://childrenshealthsurrey.nhs.uk/categories/therapies>

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Follow us on Twitter

Click therapies this will take you to this page

Therapies

We are a multi-disciplinary group of professionals:

We work in partnership with children, young people, families and other professionals. We see children and young people who have difficulties with diet and nutrition, movement, speech, language and functional skills.

Our aim is to support families and educational settings to allow children and young people to reach their full potential. We see children and young people within clinic and community settings such as nurseries, schools, hospitals and at home.

You will find some useful and fun resources here on our website. Come and have a look around!

We also have [the children and young people section](#) where we explain the concept of Occupational therapy, Physiotherapy and Speech and Language Therapy.

[Find out more about the referral process](#)

For details about Dietetics, Physiotherapy, Occupational therapy and Speech and language therapy please click below:

- [Dietetics](#)
- [Physiotherapy](#)
- [Occupational therapy](#)
- [Speech and language therapy](#)

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Therapy Resources

- > [Advice sheets](#)
- > [Apps](#)
- > [Schools and nurseries](#)
- > [Website links](#)
- > [Video workshops](#)

Resource Finder Tool

A self service approach to help you get the right help & support

Click schools and nurseries



Schools and nurseries

Resource Packs

Occupational Therapy Early Years Resource Pack (part 1 and 2)

- [Occupational Therapy Early Years Resource Pack Part 1](#)
- [Occupational Therapy Early Years Resource Pack Part 2](#)

Occupational Therapy Schools Resource Pack (suitable for school aged children)

- [Occupational Therapy Resource Pack](#)

Occupational Therapy Problem Solving Resource Pack (suitable for Special Schools and Units)

- [Occupational Therapy Problem Solving Resource Pack](#)

Occupational Therapy Resources for Secondary and 16+

- [Download therapy resources for ages 0-19](#) – from Glasgow and Clyde a leading NHS resources website
- [Download secondary classroom strategies](#) – from the Dyspraxia Foundation

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Resource Finder Tool

A self service approach to help you get the right help & support

Click OT resource pack

Child excessively seeking movement e.g on chair, that compromises attention and functions



- Allow regular *movement* or *rhythm* breaks from the Movement Strategies (seeking) sheet in appendices always followed by a couple of *deep pressure* or *heavy work* activities from the 'Ready to Learn' strategy sheet (in appendices). Try to incorporate activities during transitions or prior to activities requiring focus.
- Use a **Move and Sit cushion** or **weighted lap/neck snake** whilst sitting on a chair or the floor to aid attention; see equipment sheet for details.

Strategies not to be used on those with complex medical conditions e.g. epilepsy without consulting the Occupational Therapy Team.

Child appears sluggish; has poor visual / auditory attention; and/or decreased awareness of pain/ temperature/ hands being dirty



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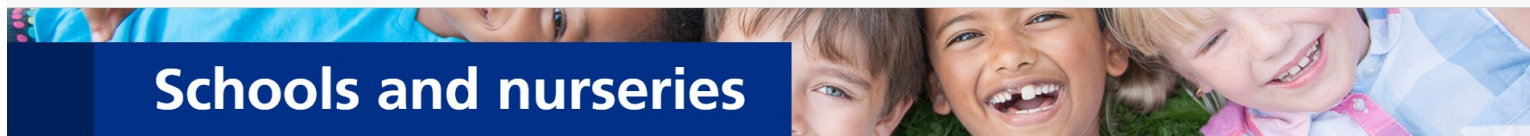
Strategies not to be used on those with complex medical conditions e.g. epilepsy without consulting the Occupational Therapy Team.

Child is distracted or overwhelmed by noise e.g. holds hands over ears in noisy places



- Wherever possible prepare the child before loud noises eg. Bell ringing.
- Make sure that a quiet area is available in the playground.
- Provide headphones if this enables the child to engage more fully in the playground.

Additional useful links on the right-hand menu



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[Resource Finder Tool](#)

A self service approach to help you get the right help & support

Helpline

Open Tuesdays and Thursdays from 1pm to 4pm.

Tel: [01932 558 570](tel:01932558570)

We offer practical Occupational Therapy advice, strategies and support to schools, parents/carers and other professionals in relation to a child's/young person's functional and independence skills.



Managing Sensory Needs

How many of us do these things to pay attention or listen?



Chew the tops of our pencils or tap our pencils



Sleep or sit in weird positions



Felt the labels on our clothes or had really itchy clothing



Twirl our hair when listening to someone



Tap feet or hands

Things to Remember

- No two children are the same and their sensory needs will be different.
- Something that works for one child may not work for another child.
- Sensory needs are unconscious needs and children are likely to be unaware of them.
- We use different tools in different situations. Sometimes we use the wrong tool first and that's okay and we continue to try one until we find what works.
- The more a child uses different 'tools' the more regulated they feel. They will then be in a better position to learn and have fun.
- Use selected tools in day-to-day life. Maybe hang a poster somewhere visible such as on a table, locker or desk.

Thank you
Question Time

