

## Solihull Community Children's Services

<b>Name of service</b>	Paediatric Occupational Therapy	
<b>Service manager</b>	Sally Payne	
<b>Contact details</b>	Paediatric Occupational Therapy Heart of England Foundation NHS Trust 1 <sup>st</sup> Floor, Chelmsley Wood Primary Care Centre Crabtree Drive Chelmsley Wood Birmingham B37 5BU	<b>Tel:</b> 0121 722 8010  <b>Email:</b>
<b>Hours of operation</b>	Monday to Friday, 9-4pm	

### What do Occupational Therapists do?

Occupational Therapists are interested in how young people manage the everyday activities that keep them busy ("occupy" them) at home, at school and during their leisure time. Our aim is to identify the activities that a child wants or needs to do, and to find ways to make these activities easier for the young person, their family, teachers and others involved with the child. We offer an 'assessment and advice' service, aiming to develop a good understanding of the young person's motor, process and sensory skills and recommending strategies/support to enable their participation in everyday activities at home, at school and at play.

Occupational Therapists might address the young person's needs in the following areas:

- **Self-care and independence skills** – e.g. use of cutlery, getting dressed, using the toilet
- **Hand skills and coordination** – e.g. holding and using a pencil, opening packets, throwing a ball
- **Sensory processing** – e.g. over-sensitivity to sound, avoidance of certain textures
- **Organisational skills** – e.g. remembering a sequence of activities, keeping track of equipment
- **Physical access** – e.g. moving easily around the school environment

We work closely with the young person and the people who live or work with them to find ways to help them manage the activities that are most important to them and which present the greatest challenge. Our recommendations might include new ways of doing things; recommending activity programmes to develop skills and coordination; using different tools and equipment; and/or providing information to help adults better understand the young persons' needs.

<p>Can your child receive support from the service?</p>	<p>Referrals can be made to the Paediatric Occupational Therapy service by parents/carers, school staff or other professionals if:</p> <ul style="list-style-type: none"> <li>• Parents/carers agree;</li> <li>• The young person is registered with a Solihull GP;</li> <li>• The young person is under 19 years of age AND</li> <li>• There is a clearly identified problem with an everyday (functional) activity in the areas of self-care, play/leisure or school.</li> </ul>
<p>How is a child referred?</p>	<p>Solihull Paediatric Occupational Therapists operate an open referral system and welcome referrals from parents, teachers, GPs and other agencies. We have a standard referral form which enables you to provide us with the information we need to decide how best to help the young person. This is available <a href="#">here</a>.</p>
<p>Time and location of appointments</p>	<p>Most of the young people referred to our service are offered an appointment in a healthcare clinic, at their school or at home. Parents/carers are invited to book themselves in for an appointment and are offered a choice of days and locations. There is some flexibility about where appointments are held however, and the occupational therapists are willing to discuss suitable venues with parents/carers.</p>
<p>How to complain about anything related to the service you receive</p>	<p>The Paediatric Occupational Therapy Service welcomes feedback about your views and experience of the service. Any concerns should be raised directly with the occupational therapist or with the Head of Service. Parents/carers are invited to provide additional feedback using the Satisfaction Survey which is given to parents/carers at their appointment. Heart of England NHS Foundation Trust has a formal complaints procedure – information about this can be found <a href="#">here</a></p>

	<b>Universal</b> <i>This is the support from the service that is available to ALL children in Solihull</i>	<b>Targeted</b> <i>This is the support that is provided by Paediatric Occupational Therapists for individuals or small groups</i>	<b>Specialist</b> <i>This means the specialist assessment and advice offered to children referred to the occupational therapy service.</i>
<p><b>Learning/curriculum support</b> This is the support from the service available for teachers and other staff members to adapt the curriculum and environment to make sure your child makes the best possible progress in school.</p>	<p>The service has a range of 'good practice' information for teachers that will enable all children to reach their potential at school including:</p> <ul style="list-style-type: none"> <li>• Advice about good seating for schools</li> <li>• Handwriting</li> <li>• Positioning for play</li> </ul>	<p>The service has a range of information available to support the needs of children with specific difficulties at home and school including:</p> <ul style="list-style-type: none"> <li>• Fine motor activities for schools</li> <li>• Visual strategies to promote attention in the classroom</li> <li>• Encouraging independence at school</li> <li>• Classroom toolkit for Learning Support Assistants</li> </ul>	<p>Occupational Therapy assessments are offered to young people who meet the referral criteria, whether or not they have a Statement of Educational Needs or an EHC plan. The therapist will carry out an individualised assessment which is followed by a comprehensive report. The report includes specific recommendations for home and school which take account of the young person's interests, strengths and difficulties and their unique home and school environments. Recommendations may be included in the EHC plan and/or IEP/pupil profile. With parental consent we will make onward referrals to other appropriate</p>

			services/agencies that can help.
<b>Physical and emotional well-being</b>		We aim to promote the physical and emotional well-being of young people with motor, process and sensory difficulties by helping others to better understand them and the equipment/strategies/environments that will support them.	Understanding the young person's interests, concerns and priorities is a vital part of our service. We use a range of strategies and tools to involve young people effectively in our assessment process. This means that we can address their issues of concern and help them to reach their personal goals.
<b>Access and inclusion resources</b> These are the practical materials and other resources needed to support your child in school e.g. equipment		We offer general advice to schools about tools and equipment that will benefit children with a range of motor, process and sensory difficulties. Information will be offered to parents/teachers who contact the service for advice.	Following an assessment the therapist might recommend equipment to improve a young person's ability to carry out everyday activities at home and school. This might include recommendations re seating, pencils, toilet adaptations. Our service does not offer advice regarding major adaptations or equipment at home, although we may liaise with occupational therapy colleagues in the council to see if equipment they have recommended at home

			<p>might be suitable for use in schools.</p> <p>Responsibility for providing recommended equipment remains with the school or Solihull Council, not with the Paediatric occupational therapy service.</p>
<p><b>School-based training</b></p> <p>This is the training support available for school staff and others involved in supporting your child</p>	<p>Schools have the option to 'buy in' the training from the service, for example:</p> <ul style="list-style-type: none"> <li>• Developing pencil grip and control</li> <li>• Promoting fine motor skills in the classroom</li> </ul>	<p>Occupational therapists can provide training in the following specific areas e.g.:</p> <ul style="list-style-type: none"> <li>• BEAM motor skills programme</li> <li>• Understanding dyspraxia</li> <li>• Sensory processing</li> </ul>	<p>Specialist training can be provided for school staff and others to help meet the needs of individual children.</p>
<p><b>Support for families</b></p> <p>This means the support available to your family in addition to being involved in planning meetings etc.</p>		<p>Paediatric occupational therapists are available to provide information and support by telephone from Monday to Friday 9-4pm. This support is available to families who have not been referred to our service.</p> <p>We can signpost families to appropriate local and national support groups and other community based services.</p> <p>We will direct families to shops and suppliers of equipment to promote development and enable a young person to carry out everyday activities at home and at school.</p>	<p>Paediatric Occupational therapists are available to provide information and support by telephone from Monday to Friday 9-4pm.</p> <p>We can signpost families to appropriate local and national support groups and other community based services</p> <p>We will direct families to shops and suppliers of equipment that will promote development and enable a young person to carry out everyday activities at home</p>

			<p>and at school.          We run a workshop for parents of children with autism whose sensory needs impact on their everyday activities. This is offered to parents of children with a confirmed diagnosis of autism and sessions are run on a monthly basis.</p>
<p><b><i>Therapeutic Approaches</i></b>          These are the approaches adopted by the Occupational Therapy service</p>			<p>Although we do not provide direct therapy to individual children, we offer a comprehensive assessment and advice service.          We adopt a 'top down' therapy approach which means that we start by identifying the activities that are important to a young person and their family.          Next we develop an understanding of a young person's motor, process and/or sensory skills and their impact on the child's daily life. Finally we will make recommendations that will enable the young person to achieve their potential and reach their</p>

			<p>personal goals at home, at school and in community settings. The assessment report usually marks the end of our involvement with a young person. However we are always willing to review the individual at the request of their parents/carer, teacher or any other person who knows them well.</p>
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