# **Herefordshire Children and Young People** **Occupational Therapy Referral Guidelines**

# **Introduction**

The role of the children’s occupational therapist is to assess, evaluate, advise and/or provide intervention for children whose participation in activities of daily living (including self-care, play, leisure and school) is significantly compromised by physical, motor, sensory or learning difficulties.

We also support children and young people where there are barriers in the physical environment at home and nursery/school that impact on function i.e. access to building and facilities, safety concerns, transfers, seating for function.

# **Examples of Occupational Performance:**

| Self-Care occupations | * Washing - Grooming * Bathing - Using cutlery * Dressing * Toileting |
| --- | --- |
| Productivity/School occupations | * Tool use at nursery/school e.g. pencil, scissors, ruler * Planning and organisation * Dressing skills * Other occupational performance barriers to accessing the curriculum |
| Play/leisure | * Skills required to access play * Participation in leisure activities |

# **Who can refer?**

Referrals accepted from Health Care Professionals, Social Care Teams, and Education.

# **Eligibility**

* Children and young people aged **0 – 18 or 19, if in special education.**
* Children in **permanent residence** within Herefordshire and/or a Herefordshire GP.
* Children whose parents/carers pay **council tax to Herefordshire** where the main reason for referral relates to adaptations and equipment for the home environment.
* Children not resident within Herefordshire, but attending **a Herefordshire school** and the main reason for referral relates to problems accessing the curriculum or school environment.

# **Your request for occupational therapy must include:**

* Clear indication of the **everyday activities that are of concern** to the child/young person, family or person making the request (please avoid general terms such as ‘fine motor skills’).
* The request should include **the impact of these issues** on the child’s participation in activities of daily living at home, in school and in the wider community
* Consideration of the **developmental level** of the child/young person in relation to the areas of concern i.e. are the child/young person’s skills out of line with their overall level of development
* The anticipated benefits of occupational therapy for the child or family. The triage process will review whether an occupational therapist is the most appropriate professional to address the needs identified
* Information on **actions already taken** to address these concerns prior to making the request and **whether these actions have been successful**
* Details of any previous involvement by an occupational therapist
* **Pre referral 12 week school intervention programme to support need where school can gauge the outcome of this intervention to assess if a specialist service is required. This needs to be completed prior to referral.**
* Relevant **supporting information**, including recent developmental and educational reports plus details of other professionals/agencies who are currently supporting the child and family

# **Referral Exclusions**

* Where the functional difficulties are in line with the perceived developmental potential of the child/young person.
* Emotional and behavioural difficulties not related to any underlying occupational performance issues.
* Where the functional difficulties are only related to academic tasks e.g. dyslexia affecting handwriting and spelling.
* Referrals for handwriting in isolation without evidence that school have followed appropriate intervention such as fine motor skill development programme
* Requests for a contribution to Education, Health and Social Care Plan when this is the only basis of referral.
* Rapid response to hospital discharge
* Intervention after botox injection

# **Re-referrals**

Referrals will not be accepted where the child has been previously seen by the service and has been discharged unless a new difficulty with occupational performance has been identified or there has been a change in circumstances that is impacting upon function.

# **How to Refer**

Please refer using our referral form found on our Trust internet page – [children’s occupational therapy](https://www.wyevalley.nhs.uk/services/community-services/childrens-occupational-therapy/referrals.aspx). The referral form can also be found on Wye Valley NHS Trust’s website, search children’s occupational therapy.

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