**Children’s Community Occupational Therapy Team**

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**What is Occupational Therapy (OT)?**

Occupational Therapy is a healthcare profession that supports people with their day to day life. This includes everything they need, have and want to do. For example for children this may be:   
- Washing  
- Dressing  
- Tying shoe laces or doing buttons

**What do Occupational Therapists do?**

Occupational Therapists will evaluate the person, environment and the occupation (activity), to find ways to help make day to day tasks easier. This could be achieved through a variety of interventions including improving hand skills, gross motor skills, providing strategies and advice or prescribing specialist equipment. We call children’s skills in these activities occupational performance skills.

Referral pathways available in the Children’s OT team:

- Equipment and home adaptations pathway  
- Occupational performance pathway

**How do I get an appointment for my child?**

Your child must be referred to the team by either a doctor, a teacher, a social worker or other professional.

**How are goals set with my child?**

Goals are always set with the child in mind, but can be broken down into:   
- Self-care activity goals  
- Play and leisure activity goals  
- Productivity and school activity goals

**Where might my child receive Occupational Therapy?**- At school or nursery  
- At home  
- In community health settings

Depending on your child’s needs, they may receive treatment in one or more of the following ways:

- Series of 1:1 appointments   
- Sessions with parents/carers  
- Group sessions with the child  
- Collaboration with other professionals  
- Guided self-help for parents/carers

**What can we expect at an Occupational Therapy appointment?**

An initial telephone call may take place to ensure that Occupational Therapy is suitable for your child. We may also provide advice over the telephone in the first instance.

An assessment may involve observing your child in an environment they know, or asking them to complete certain tasks. This is so we can assess the tasks that your child finds difficult.

We may visit your child in the home, particularly if home adaptations or equipment are the reason for the referral. We would pre-arrange the appointment and agree the location first.

**Contact us**

Children’s Community Occupational Therapy Team  
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Ruckhall Lane  
Belmont  
Hereford  
HR2 9RZ

Tel: 01432 269584

**How to provide feedback**

Our aim is to providea quality of care we would want for ourselves, our families and friends. If there was anything that we could have done please let us know via the department/ward staff or the patient experience team available on 01432 372986 or email [PALs@wvt.nhs.uk](mailto:PALs@wvt.nhs.uk) (opening times may vary).

This leaflet is available in large print, Braille, Audio tape or other languages upon request. Please contact patient experience team on the above telephone number.

You may be asked to give your opinion on the service you have received. We welcome your feedback as this will help us to improve the care and treatment we provide to our patients.

Wye Valley NHS Trust [www.wyevalley.nhs.uk](http://www.wyevalley.nhs.uk)  
Telephone 01432 355444