
THE ROLE OF THE CHILDREN'S OCCUPATIONAL THERAPIST

Occupational Therapists enable children to participate in daily life to their personal potential

To help the child, the OT will carry out a comprehensive assessment, which could include:

- ◆ Gathering information from others who know the child.
- ◆ Getting to know the child and parents/carers in the context of their daily life.
- ◆ Assessing how the child:
 - ◇ understands a task
 - ◇ approaches, plans and organises a task
 - ◇ carries out a task in the relevant locations

The OT will provide a written report and recommendations, which may include:

- ◆ Information/advice only.
- ◆ Specific activity ideas for nursery/school and home.
- ◆ Direct Occupational Therapy.
- ◆ Equipment and/or adaptations to the environment.
- ◆ Referral to another service and/or discharge from OT.

Examples of areas OTs may be able to help a child with:

PLAY

- ◆ Exploring toys
- ◆ Ball games
- ◆ Riding a bike
- ◆ Creative and messy play
- ◆ Jigsaw puzzles



SELF CARE

- ◆ Eating and drinking
- ◆ Getting dressed
- ◆ Toileting/Bathing
- ◆ Showering
- ◆ Making a snack



SCHOOL

- ◆ Moving around the school and playground
- ◆ Being able to join in classroom activities
- ◆ Organising self and school bag
- ◆ Writing/drawing/scissors skills



For specific enquiries about your child, please contact your named Occupational Therapist.

For general enquiries about the service:

Occupational Therapy, Team Leader,

Birnie Child Development Centre, Raigmore Hospital, Inverness, IV2 3UJ.

Telephone: 01463 704419

www2.nhshighland.scot.nhs.uk/IntegratedChildrenServices/Occupationaltherapy.htm