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If you require this information in a different format such as in large print or on audio tape, or in a different language, please contact the service on the details below.

To find out how we use what we know about you (Privacy Notice) or how to access our buildings (AccessAble) please visit www.eastofenglandcommunityhealthandcare.nhs.uk and follow the links or please contact us.

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: eec.pals@nhs.net

For free, confidential health advice and information 24 hours a day, 365 days a year, please contact NHS 111.

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Bedfordshire and Luton Paediatric Occupational Therapy Service

A guide for parents and carers







Bedfordshire and Luton
Children and Young People's Services

Who can be referred?

Children & young people:

- in mainstream education up to the end of the academic year they turn 18 years old.
- in specialist education provisions up to the end of the academic year they turn 19 years old.
- with a Luton or Bedfordshire GP.
- who present with functional difficulties that are not in line with their overall developmental abilities (this includes academic attainment levels). With evidence that pre-advice strategies/interventions on our website: https://bedslutonchildrenshealth.nhs.uk/services/bedfordshire-and-luton-childrens-occupational-therapy-service/ have been followed in school and home.

Referrals should be made by a professional who knows the child well e.g., GP, Paediatrician, Physiotherapist, Health Visitor, School Nurse or School SENDCo.

Why are children referred? For assessment, advice and treatment, to reduce the effects of difficulties and disabilities; and optimise a child/young person's functional skills such as:

- Play
- Eating
- Self-care e.g. washing, cleaning your teeth, toileting
- Dressing
- School and life skills e.g. writing, alternatives for recording information and using scissors
- Managing at school e.g. getting around the class / school, supportive seating, specialist toilet seats
- Hobbies and leisure activities

For further information about this service, contact:

Paediatric Occupational Therapy Service
Redgrave Children and Young People's Centre
Redgrave Gardens
Luton
LU3 3QN
Tel: 01582 509862
Email: eec.beds.childrens.ot.redgrave@nhs.net

Paediatric Occupational Therapy Service
Child Development Centre
Hill Rise
Kempston
Bedford
MK42 7EB
Tel: 01582 509890
Email: eec.beds.childrens.cdc.ot@nhs.net

Parking

Disabled parking spaces are available near the entrance at both venues and there is ample other free parking.

We have a range of online resources on our webpage that can be accessed by anyone. To access our webpage, visit: https://www.bedslutonchildrenshealth.nhs.uk/services/bedfordshire-and-luton-childrens-occupational-therapy-service or scan this QR code.

Appointments

- An initial appointment will be offered lasting up to 90 minutes to identify the needs of the child and family.
- It may be appropriate to refer the child to another professional/service e.g. Physiotherapy or Wheelchair Services; following discussion and gaining consent from whomever has parental responsibility.

For information on what to expect at an Occupational Therapy appointment, please go to the video, 'Welcome to our service' on our website: https://bedslutonchildrenshealth.nhs.uk/services/bedfordshire-and-luton-childrens-occupational-therapy-service/

In view of the great demand on our services all parent/carers are asked to inform us as soon as possible if they cannot keep appointments so an alternative appointment can be made and the cancelled appointment can be offered to another child.



The Paediatric Occupational Therapist (OT) will:

- Discuss with the child and their family, any difficulties they are experiencing with functional skills.
- Assess the child's current ability to carry out functional skills.
- Set achievable goals with the child and family.
- According to the child's needs, provide activity ideas to be carried out at home and nursery/school and/or provide direct treatment (individual or group); with the aim of promoting the child's independence and engagement in their activities of daily living.
- Provide intervention in line with 'Episodes of Care' – see page 4.
- Work closely with other professionals, such as Physio's and Speech and Language Therapists who also have input in the child's therapy programme.

Episodes of care in Occupational Therapy

Remember – every episode of care will be different, depending on the needs of the child at that given time.

1

Following a referral for your child being accepted, an Occupational Therapist will invite you and your child to a first appointment, where we will do an initial assessment to identify any functional needs.

This may take place in various environments e.g. clinic, school or nursery.

2

We will agree some goals with you and your child, to make sure we are working together towards achieving the same functional skills. We will then plan an 'episode of care'. The episode of care will include everything your child needs, to work towards the agreed goals. This could include one or more of the following:

- Recommended strategies and techniques to support functional skills in their everyday environment.
- Information on recommended equipment to support functional skills e.g. pencil grips, cutlery, postural seating.
- Modelling sessions with a therapist or assistant practitioner to demonstrate strategies and equipment to implement at home and/or school.
- Review with a therapist or assistant practitioner to ensure the plan and strategies are well understood, embedded and functional skills are progressing in line with the child's overall development.

3

Once the therapist is confident all advice and support has been recommended to help your child meet their goals, the episode of care with the Occupational Therapy team is complete and will therefore be closed.

This does not mean your child no longer has Occupational Therapy needs, but it does mean the therapist is confident all advice and support has been recommended to meet the agreed goals.

4

In the future, if there are new functional concerns, not in line with your child's overall development, a new request for support can be made.

See information on our webpage for information on referral to Occupational Therapy, including the most up to date referral form, please see "Guidelines for Making a Referral to OT", "OT Core Offer" and "OT Referral Form" - https://bedslutonchildrenshealth.nhs.uk/services/bedfordshire-and-luton-childrens-occupational-therapy-service/