

# Your child's community occupational therapy



## What is community occupational therapy (OT)?

Occupational therapists are health professionals who support children with their “occupations” – meaning everything a child wants or needs to do in their life. This might be

- dressing themselves
- drawing and writing
- playing.

We help by looking at

- what a child needs to do (we call this the occupation or activity, for example, using scissors)
- what a child can do and what they find difficult (we call this the child’s skills, such as, how they hold the scissors)
- where they need to do it (the environment, for example, the classroom and table).



We call this the Person, Environment, Occupation (PEO) model, and we use it to assess your child.

## **What can I expect at my child's first appointment?**

We may choose to meet with you in person or contact you on the phone before meeting your child. This is so we can talk to you about the things your child is doing and things you may be worried about.

Appointments are about 45-60 minutes long.

## **How will my child receive OT?**

Following your first appointment, we may offer you:

- ideas to try with your child
- sessions for you as a parent/carer
- one-to-one sessions with your child
- group sessions for you or your child.

We work as part of the community team and may see your child with other professionals who know them.

## **Where will my child receive OT?**

We try to see your child doing activities in their own environment whenever possible.

This may be:

- at home
- at nursery, or school
- at one of our bases.

## How do I get an appointment?

Children can be referred to OT by anyone who knows them well, like school/nursery staff, a GP or other health professional.

You can find a copy of the referral form at **w:**

[www.evelinalondon.nhs.uk/community-occupational-therapy](http://www.evelinalondon.nhs.uk/community-occupational-therapy)

Parents/carers can refer if they have previously been known to the service.



## What happens if I can't attend my appointment?

It is important that you attend your appointments. If you are unable to attend an appointment or have no current concerns, please tell us as soon as possible on, **t: 020 3049 8181**.

**If you do not attend your appointment without contacting us, you may be discharged from our service.**

## Where are we based?

**Mary Sheridan Centre for Child Health**  
Wooden Spoon House, Dugard Way,  
Kennington, London. SE11 4TH

### **Sunshine House**

Children & Young People's Development  
Centre, 27 Peckham Road, SE5 8UH

If you would like to talk to an occupational therapist about your child, you can attend one of our drop in clinics.

**Place:** Sunshine House

**Dates:** First Thursday of every month

**Time:** 12.30-3pm

**Place:** Mary Sheridan Centre

**Dates:** Second Thursday of every month

**Time:** 9am-12 noon

Appointments are not necessary for these clinics but families may need to wait for the next available therapist.

## Contact us

If you have any queries please call, **t:** 020 3049 8181, Monday-Friday, 9am-5pm,  
**w:** [evelinalondon.nhs.uk/community-occupational-therapy](http://evelinalondon.nhs.uk/community-occupational-therapy)

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit  
**w:** [www.evelinalondon.nhs.uk/leaflets](http://www.evelinalondon.nhs.uk/leaflets)

### Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline.

**t:** 020 7188 3003, Monday to Friday, 10am-5pm

**e:** [letstalkmedicines@gstt.nhs.uk](mailto:letstalkmedicines@gstt.nhs.uk)

### Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department. **t:** 020 7188 8801 (PALS)

**e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

**t:** 020 7188 3514 (complaints)

**e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

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