

Your child's community occupational therapy



What is community occupational therapy?

Occupational Therapists (OT) 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, like using scissors)
- what a child can do and what they find difficult (we call this the person’s skills, like how they hold the scissors)
- where they need to do it (the environment, like the classroom and table).



We call this the Person, Environment, Occupation Model (PEO) to assess your child.

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

We may choose to meet with you 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.

We may also see you with your child for their first appointment.

Appointments are approximately 60-75 minutes long.

How will my child receive occupational therapy?

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 occupational therapy?

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 professionals.

You can find a copy of the referral form on our webpage

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 inform us as soon as possible on: 0203 049 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 OT about your child, you can attend one of our drop in clinics.

Place: Sunshine House

Dates: First Thursday of every month

Time: 12.30-3.00pm

Place: Mary Sheridan Centre

Dates: Second Thursday of every month

Time: 9.00am-12.00noon

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

Contact us

If you have any queries please contact us
(Monday to Friday, 9am-5pm)

t: 020 3049 8181

w: 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

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

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

t: 020 7188 3514 (complaints)

e: complaints2@gstt.nhs.uk

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