

WHAT IS AN OCCUPATIONAL THERAPIST?

Occupational Therapists (OTs) work as part of the multidisciplinary team in the Neurodevelopmental Service (NDS). OTs aim to learn about a young person's strengths and difficulties in relation to the everyday tasks and activities they choose to do. For young children, this may be learning to get dressed, learning to play and learning to use the toilet. As we get older the focus may move towards managing schoolwork, household chores and becoming independent in more complicated personal care tasks such as washing our hair or cutting our nails.

WHAT IS AN OT ASSESSMENT?

This is an assessment of a child or young person's ability to engage in their everyday activities. It may include activities to explore their gross and fine motor skills, visual perception, responses to sensory experiences and their levels of independence.

We use a range of games and activities involving jumping, balancing and yoga type stretches. We may explore tactile objects, gym balls, balance cushions and writing activities.

The activities are designed to help understand how the body receives information through the nervous system, how the information is processed and organised within the brain, and then what actions our body creates as a response.

Parents and teachers are sometimes asked to complete questionnaires to help add more information about how a young person's body is managing everyday activities so the OT can be sure to get the best picture possible about a young person's strengths and difficulties.

WHAT HAPPENS ON THE DAY?

When you arrive on the day we will collect you from Reception and show you to the room. We will do introductions and take a few minutes for everyone to get settled.

We understand that everyone may be anxious or feel unsure and will make every effort to make the environment comfortable. Staff won't wear uniforms and our interactions will be child friendly and as fun as possible.

We will talk through each activity and show you what to do. We will make notes, as this helps us to keep accurate records.



WHAT SHOULD I BRING TO THE ASSESSMENT?

Wear comfy clothing and footwear as we will be moving around.

We understand that children may get thirsty or hungry. It would be helpful to bring a snack and a drink with you in case they are needed as these cannot be provided.

Any aids that the child uses such as glasses should be brought on the day. A comfort toy or teddy may also be helpful.

If your child takes medication for ADHD, this should be taken as usual.

WHO CAN COME TO THE ASSESSMENT?

Young children need to be accompanied by an adult. This can be up to a maximum of two; parents, other family members, guardians or another adult that knows the child well. If your child needs hugs or comfort during the assessment this is fine.

Only the child having the assessment and their adult(s) should attend. We are not able to accommodate siblings and additional children. We are unable to

HOW LONG WILL THE OT ASSESSMENT TAKE?

The assessment will take 1– 2 hours.

WHAT HAPPENS AFTER THE ASSESSMENT?

We will let you know when all the parts of the assessment are complete. We will then end the session with a brief chat and then show you back out to reception so you can head home. Children may be tired after the session.

We will meet as a Multi-disciplinary team to discuss the assessment outcomes. If you are waiting for further appointments these will be completed on a different day.

When all of your child's assessments are complete and reviewed, we will invite you to a feedback meeting to discuss the assessment decision.

WHERE WILL THE ASSESSMENT BE HELD?

We have two clinics in Norfolk:

1. If you live in the Norwich area, your appointment will be booked for:

The Children's centre
Norwich Community Hospital
Bowthorpe Road
Norwich
NR2 3TU

2. If you live closer to King Lynn, your appointment will be booked for:

St. James Clinic
Extons Road
King's Lynn
Norfolk
PE30 5NU

The appointment letter we send out will let you know where you need to go on the day.

If you have any further questions prior to the assessment, please contact the admin team who will be happy to answer your questions:

01553 668712 Monday to Friday 9 – 5pm

Or email us on nds@nchc.nhs.uk