

How can we Help?

* We may ask you to try different pencils or pencil grips to help with your handwriting.

* We may suggest different games and body activities to help you with balance and coordination.

* We may give you ideas and exercises to help you develop your hand skills.



Shropshire Community Health **NHS**

NHS Trust
Children's and Specialist Services
Occupational Therapy Service

What can I do?

- Join in.
- Have FUN!

Don't worry if you find something hard. If you find something tricky, just let us know. We will do our best to help you learn how to make it easier. All we ask is that you try your best!



The information in this leaflet is available in other formats and languages.

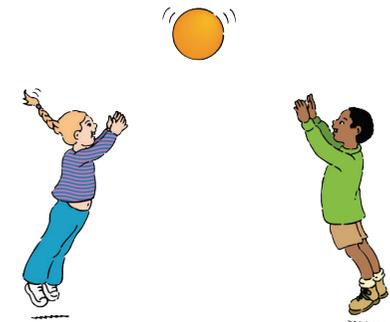
Please contact us at Coral House

OT Team 01743 450 400

Shropshire Community Health **NHS**
NHS Trust

Occupational Therapy

Assessment



Information for

you-

to help you understand a
bit more about us.

What is Occupational Therapy?

- Occupational Therapists are also called OT's for short!



What does an OT do?

- We work with children who find it hard to use their hands and bodies to do all the things they want to do.



Things you may find tricky

- Holding a pencil and handwriting



- Balancing, jumping or hopping.



- Getting dressed- you may find zips and buttons difficult.



- Using a knife and fork.



Assessment

- Assessment is when you come to see an OT and you talk together about activities that you may find a bit difficult and things that you are good at.

You will usually meet in clinic, which is a room with a table and chair and space to move around.

What will we ask you to do?

You may be asked to try some activities at a table or play some movement games. Here are a few things we have asked other children to do;

- Throwing and catching,
- handwriting patterns,
- cutting shapes,
- hopping and jumping.