

Children's Community Occupational Therapy Service

Information for Young People



School
aged
provision

How long will you see an occupational therapist?

We will start working with you when we receive your referral. We call this opening an episode of care. Your episode of care will be closed when:

- You have achieved your goals **or** your plan for working on your goals is in place
- You no longer want to have occupational therapy input
- You have not attended appointments or contacted the service

A new episode of care can be opened in the future if you need more support. You can contact us directly if you have been seen by us before.

Contact us

Children's Occupational Therapy Service Integrated Children with Additional Needs (ICAN)

Leeds Community Healthcare NHS Trust
3rd Floor, Stockdale House
Headingley Office Park
Victoria Road
Leeds LS6 1PF

Tel: **0113 843 3620**

Email: **central.spa1@nhs.net**

Find out more information on our website
www.leedscommunityhealthcare.nhs.uk

Help us get it right

We welcome comments and complaints as they help us to provide a better service. We would also like to hear from you if you have been particularly pleased with our service.

If you have a concern please speak to your occupational therapist or the occupational therapy manager.

If you would like to talk to someone outside the service contact the **Patient Experience Team** on **0113 220 8585**, Monday to Friday 9.30am to 4.30pm or email **lch.pet@nhs.net**

We can make this information available in Braille, large print, audio or other languages.

We suggest you read this together with your parent or carer

What do we do?

We work with young people and families to enable them to take part in their everyday activities at home, school and in the community.

- **Self care activities**
(e.g. getting dressed and undressed, eating and drinking, toileting, bathing, postural care)
- **School activities**
(e.g. handwriting, paying attention in class, joining in with the class)
- **Play and leisure activities**
(e.g. using your wheelchair better, cycling with the family, playing ball games, using a computer)

Occupational therapists might help:

- to develop your skills
- to change the way you do an activity
- to change the environment so you can do an activity

Who are we?

We are a team of occupational therapists, occupational therapy support workers and occupational therapy students. We all work together to help you to achieve your goals.

We also work closely with other professionals (school staff, health professionals etc) to best meet your needs.

Who do we see?

Children and young people who:

- are referred by a doctor
- have difficulties performing their everyday activities
- are aged 4 – 18 years
- live in Leeds

How can you help?

Before your assessment:

- complete questionnaires we send you and bring them to the appointment
- let us know in advance if you can't attend your appointment
- if we don't hear from you, we will assume you don't need our help and we won't contact you again

After your assessment:

- use the plan we develop together to work on your goals
- tell us if you have any concerns or questions
- tell us if there are any changes to your contact details

How long will you wait to be seen?

We aim to see everyone within 8 weeks of referral. If you have been waiting longer than this, please contact the service and let us know.

What will happen when we see you?

We will meet you at your assessment. This might be at a health centre, at home or at school.

At your assessment, we will:

- listen to your concerns and find out what is important to you
- set goals with you about what you want to achieve
- look at the activities you are having difficulty with

- plan what will happen next to help you achieve your goals

Your plan might include:

- strategies to use at home
- advice and support to your teachers
- a group with other young people
- equipment to help you do things
- working on your goals with a member of the team at home or school

Confidentiality

- All information we receive about you is strictly confidential.
- We will only share information with other professionals involved in your care (e.g. teacher or doctor).
- If you have concerns regarding this, please contact us as soon as possible.

