

OCCUPATIONAL THERAPY SERVICE

Information on Occupational Therapy for Children & Young People who have Autistic Spectrum Disorder (ASD)

Occupational Therapists (OTs) enable children to participate in daily life to their personal potential

Where do we work?

We are a community based service for pre-school and school age children. We work in various locations throughout Highland according to the child's needs eg home, educational establishments, clinics and other community locations.

We will work collaboratively with the child, their parents, health colleagues, education staff and others supporting the child.

Who may benefit from Occupational Therapy?

Children who have difficulty with self-care, accessing education, play or leisure activities over and above what would be expected for their age and stage of development may benefit from Occupational Therapy involvement.

The reason the child is having difficulty must be something Occupational Therapy can have an impact on such as a motor or sensory difficulty.

The type of tasks we may be able to help a child with are:

- Joining in classroom activities;
- Behavioural issues due to underlying sensory difficulties, eg constant fidgeting which impact on their learning;
- Organising self in activities during the school day, eg desk, school bag, clothes for PE;
- Fine motor skills, eg writing, drawing, using scissors and other equipment;
- Self-care skills, eg dressing, toileting, eating.

We will carry out a comprehensive assessment, which may include:

- Gathering information from others who know the child;
- Getting to know the child in the context of their daily life
- Assessing underlying causes of functional difficulty.
- Trial or recommendation of specialised equipment to support function, eg lap cushion.

Assessing how the child:

- Understands a task;
- Approaches, plans and organises a task;
- Carries out a task in the relevant locations;

Following assessment we provide a comprehensive written report (the content of the report, recommendations and circulation list are discussed and agreed with parents before being circulated)

Recommendations for future Occupational Therapy may include:

- Information/advice only;
- Indirect therapy to be carried out by others, eg specific activity ideas for nursery/school and home;
- Direct Occupational Therapy carried out by the OT or OT assistant;
- Equipment and/or adaptations to the environment;
- Referral to another service

The reason for a child's discharge may be on of the following reasons:

- Their agreed goals and aims have been achieved;
- They are no longer benefiting from Occupational Therapy;
- Parents and child do not wish to continue Occupational Therapy;
- The child has left school or has reached the age of 19 when they will be transferred to Adult Occupational Therapy Services;
- The child has not attended for 2 consecutive Occupational Therapy appointments with no prior contact.

For specific enquiries about a child, please contact their named Occupational Therapist (OT)

For general enquiries about the service contact:

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