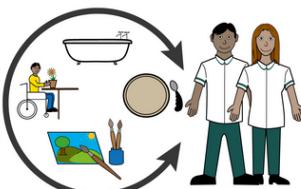


What is Occupational Therapy?

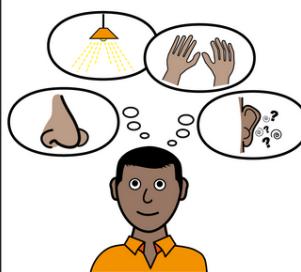
occupational therapy



- Occupational Therapy is sometimes called OT. OT helps you do the things you need and want to do every day
- Occupation means the things you do daily, like getting dressed, eating, playing and going to school.
- Therapy means getting help to feel better.

Occupational Therapy is about making daily activities easier and more fun.

multi-sensory



How can an Occupational Therapist in the CAMHS team help me?

We can

- Make a plan to help you understand and manage your sensory needs (how you feel about things you see, hear, touch, smell, taste, or how your body moves).
- Find ways to make important activities easier.
- Give you advice and support.
- Help you learn skills to stay happy and healthy.

planning



What will happen?

- The Occupational Therapist will talk to people who know you well.
- They might visit you at home, school, or other places.
- They will also talk to other people who help care for you.

report



When will this work end?

- When the work is done, we will write a report and share it with you and your parents or carers.