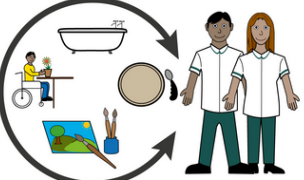
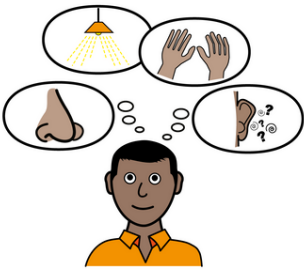




What is Occupational Therapy?

<p>occupational therapy</p> 	<ul style="list-style-type: none"> • 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. <p>Occupational Therapy is about making daily activities easier and more fun.</p>
<p>multi-sensory</p> 	<p>How can an Occupational Therapist in the CAMHS team help me?</p> <p>We can</p> <ul style="list-style-type: none"> • 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.
<p>planning</p> 	<p>What will happen?</p> <ul style="list-style-type: none"> • 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.
<p>report</p> 	<p>When will this work end?</p> <ul style="list-style-type: none"> • When the work is done, we will write a report and share it with you and your parents or carers.