

## Occupational Therapy

Your intervention programme will be tailored around building on strength and skills you have and helping you develop a different way of doing things that are difficult.

This might include

- Exploring sensory strategies with you that are individual to your sensory needs which you can replicate in everyday life to help you to manage how your body and brain react to particular sensory information.
- Exploring alternative ways to succeed at tasks you find challenging. This may involve changing things in your home or school such as the type of pen you use or where you sit in the class or learning how to do things in a different way.

## What Young People and Their Families have Said

“Occupational Therapy has been so useful giving us practical things to do at home which has helped my child when they have been feeling very low”

“Occupational Therapy is the most fun appointment I have been to”

“I liked going to the group because I met people who like to move all the time too”

“Now that my child is more alert through using his sensory strategies his smile does my heart good”

### Contact Details

Occupational Therapy Department

Cedarwood

Old Longstone Hospital Site

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[www.younghealthymindsni.co.uk](http://www.younghealthymindsni.co.uk)

## Child & Adolescent

## Mental Health Service



## Occupational Therapy

## Information Leaflet

*“Helping you live life your way”*

## Why have you been referred to Occupational Therapy?

Together with your CAMHS practitioner you have agreed that Occupational Therapy may help you better manage some of the difficulties you experience with your daily activities which are having an impact on your mental health.

This may include:

- How your body and brain react to sensory stimulation bothers you more than it might other people, e.g. this might mean that you have difficulty being calm and alert.
- How you might have more difficulty carrying out daily occupations compared to your peers, e.g. dressing, eating, participating in leisure activities, handwriting.

## Assessment

Your Occupational Therapy assessment will be unique to you depending on your individual needs. The initial appointment may last up to 90 minutes and may require further appointments to complete all the assessments. During your assessment we will discuss what you are finding difficult so that we can decide with you what area we need to concentrate on.

A Sensory Profile may be completed with you and or your parent/caregiver. This questionnaire helps us understand how you process sensory stimulation and how this is impacting your mental health. We will also use activities to further explore how you process sensory stimulation.

Your motor coordination may be assessed to help us understand why you are experiencing difficulty completing some of your daily tasks. This assessment can entail completing fine and gross motor tasks, handwriting, perceptual activities and tasks of daily living.

## Intervention

The outcome of your Occupational Therapy assessment will help us decide together what your intervention will be.

Therapy can be provided both individually or as part of a group. We may at times see you along with your CAMHS practitioner.

We may also provide consultation to family and carers or other professionals such as your teachers.

### The Occupational Therapy Rooms in Cedarwood

