

What to Expect When I See an Occupational Therapist (OT)

What is Occupational Therapy?

Occupational Therapy is about helping you to do things in your everyday life that you find hard. This could include handwriting, dressing, packing your school bag, doing hobbies that you enjoy, making a snack/drink, sleeping or coping in busy or loud environments.

Why do I need to see an Occupational Therapist?

You might need to see an Occupational Therapist if you are struggling with any of the things mentioned above or anything else which is making it hard for you to take part in daily activities and routines.

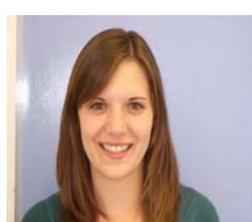
What happens when you see an Occupational Therapist?

When you see an Occupational Therapist they will talk to you about the things that you are good at and about things that you might want to be better at. The Occupational Therapist might ask you to do some fun activities to find ways to help you.

Below are photographs of some of the people you might meet when you come to the Occupational Therapy department.



Becky Darnton



Lucy Burton



Daniela Klymyszyn



Shamsah Afzal



Julia Leigh



Becci Johnson



Gemma Cartwright



Claire Pidgeon



Ruth Morgan



Anna Stringer



Emily Sanders



Tina Barnett

Where will I go?

You might see the Occupational Therapist (OT) at the Occupational Therapy department or at your home or school. The Occupational Therapy department is in Coventry and Warwickshire Hospital on the first floor. You will be shown into the waiting area and then you will be seen in one of our three treatment rooms.

Click here to go to ['Our department'](#) page to see some photographs of the Occupational Therapy department and where it is.

What should I wear?

You should wear whatever you feel comfortable in - it's a good idea to wear trousers / shorts and trainers as you might be asked to play some games. You will need to bring your glasses or hearing aids if you wear them.

What will the Occupational Therapist ask me to do?

The OT may talk to you about lots of different things. Have a look at the questions below to get an idea of what they might ask you.

You might be asked to try some activities; this could be table top activities like cutting, drawing, handwriting and puzzles. It could also be activities where you get to move about more, like balancing, throwing, catching, hopping, skipping and jumping. Sometimes the OT may ask you to

show them how you do everyday tasks like getting dressed or eating your lunch.

The OT will also need to talk to the adult (often your parent) with you. It's fine for you to listen, or you may prefer to play with some of the activities in the room.

What questions might they ask me?

- 1) What do you enjoy doing and what are you good at?
- 2) What are your favourite subjects at school and which ones don't you like?
- 3) Do you ever find it hard to concentrate?
- 4) What would you like to get better at and what help do you think you need?
- 5) Do you get washed and dressed by yourself in the morning or do you need help from someone else?
- 6) Do you pack your school bag by yourself, does someone help you or does someone do it for you?
- 7) Can you manage cutlery easily or do you find it hard to cut up some foods?
- 8) Can you get yourself a snack or drink at home?
- 9) What do you like to do in your spare time?
- 10) Do you get to sleep ok?

If you don't know the answer to all the questions, don't worry. You can always ask a family member or friend to help you answer or answer for you.

Is it a test?

No, however you should try your best and tell us if you don't want to do something.

Do I have to do it?

No, but it will really help us find out more about what you are good at and what we can help you with.

How long will it last?

Usually about an hour.

Do I go in on my own?

Coventry Children's and Young People's Occupational Therapy Service

You will need to come with an adult. Most children and young people come with an adult family member or a friend.

Will there be other children there?

If you are coming to a group there will be other children of similar age there who are working on the same things as you. You might also meet other children in the waiting room.

What will happen after I have seen the Occupational Therapist?

They will write about your visit and send it out to you and your family and anyone else you would like to know about what happened (like your teacher).

How often do I need to come?

We will let you know if you need to see us again. If you are coming for a group you maybe asked to come once or twice a week for a few weeks (for an hour).

Will you come and see me at school or at home?

We might do but we will let you know before we come and check it's OK with you.

What is a home / school programme?

It is a list of activities to help you get better at something you find tricky.

Why do I have to do activities at home / school?

The more you practise the better you will get.