

Women and Children's Services  
Occupational Therapy for Children & Young People,  
The Willows - Children, Young People and Family Centre,  
The Crichton, Glencaple Road, Dumfries. DG1 4TG  
Tel: (01387) 244470



Waverley Medical Centre (Stranraer). DG9 7DW  
Tel: 01776 707775

Email: dumf-uhb.OT-Child-Health@nhs.net

## **Occupational Therapy for Children and Young People Request for Assistance Criteria**

Occupational Therapy support should be considered when a baby/child/young person is consistently not participating in/or achieving their daily occupations (as expected for their developmental level), despite many opportunities to learn/practice, or they are considered to have challenges which will impact upon their potential to develop, (this may include their developmental/medical history, potential diagnosis).

### **What is Occupational Therapy?**

Occupational Therapy enables babies, children and young people to participate in daily life to improve their health and wellbeing. Daily life is made up of many activities, or "occupations". Occupations for children may include self-care, being productive, play and leisure. Occupations can often be shared between children and their family members/carers.

### **Who can our service support?**

We can support babies, children, and young people (and their families/carers) with the following occupations/activities:

- **Self Care** e.g. participation in activities such as getting dressed, hygiene routines, using the toilet, feeding/eating meals, preparing a snack. This may include environmental home access.
- **Productivity** e.g. participation in nursery, school and other learning activities. This may include handwriting, following school routines, attending to tasks, using tools and materials in the classroom, adopting self-regulatory skills.
- **Leisure and play** e.g. participating in age/stage appropriate play/games, interests and hobbies.

### **What may this service offer?**

In line with Ready to Act (2015) we may offer:

- **Reassurance** that all the support the child/young person requires is in place
- **Signposting** to other service(s) and/or resource(s) who/which may better address the individuals' needs
- **Advice** which may include fliers, leaflets or handouts about specific topics with hints and tips to further support the child/young person within their everyday environments
- **Assessment/s** to further identify why a child/young person may be having difficulty with their occupations
- **Active support/intervention** to offer further guidance and support as required

*continued overleaf*

**Essential information required when completing a 'Request for Assistance' to Occupational Therapy:**

- 1) What are the occupations/activities that the baby/child/young person is having consistent challenges with?
- 2) How are their challenges presented? i.e. what are their responses to situations; why are they considered not to be appropriate/expected for the individual?
- 3) What experience or strategies have been put in place for the baby/child/young person to support/manage and manage these challenges?
- 4) Is this a **consistent, persistent challenge** for the child/young person? It is common for many children to develop challenges with achieving occupations at various stages, as part of growing up and learning, and therapy support may not be required.