

Information sheet: **Occupational Therapy for Children**

What does an Occupational Therapist do?

We work with children and young people to improve their independence within the home, school and environments. We do this by assessing then addressing specific areas of skills development needed for what they need to do, or want to do better, in their daily living.

Areas commonly impacting typical development in children could include:

Sensory-processing Challenges: This is about how our senses (hearing, seeing, smelling, touching, tasting and moving) can impact on our children's ability to participate in the things they need to do or want to do. This can sometimes look like bad behaviour however can often be because the child not processing and responding as we developmentally may expect them to, in certain situations and environments.

Motor Skill Delay: Fine motor skills is an umbrella term for reaching and grasping, writing skills and hand eye coordination. Similarly, gross motor skills can include body awareness, balance, strength and left right/ upper lower coordination. Motor skills are required at different levels, at different ages of development for learning and engagement with life's requirements like play and self-care.

Self-care: Children and young people sometimes don't develop eating, sleeping, toileting or dressing skills as expected. An Occupational Therapist's main strength is working with a child and their families to consider personal, environmental and compensatory strategies on a case by case basis to help work towards, participate in, and hopefully achieve person centered goals for that child.

Play and Social Skills: We teach and practice social skills with emphasis on recognition of emotions, turn taking, waiting, problem solving and self-regulation – all elements a child needs to work on at both home and school, and to maintain meaningful relationships with others.

Environmental Impacts: On some occasions, equipment prescription and home modifications are also part of an Occupational Therapist's role. Prescription is always dependent on the needs of the child in their different environments.

At Harper's Health our team can complete assessments to support diagnosis by GPs and Paediatricians and report current and accurate information and ideas to support our young people.

What Rebates and Funding are available?

Clients are eligible for rebates through Medicare, NDIS plans and Private Health rebates where applicable.

Where are we located?

2 Lorn Street Lorn NSW 2320. We have a modest but efficient clinic space which we pride our ability to demonstrate family friendly and cost-effective options and ideas that we encourage you to replicated in your own home. Home and school-based sessions also available via our mobile service in Cessnock, Singleton, Lack Macquarie and Newcastle.

How to refer?

We encourage you to contact us today with any questions you have, or to book an appointment today with one of our amazing team members!