

WHAT IS AN OCCUPATIONAL THERAPIST?

Some things an Occupational Therapist (OT) might do:

- Help to identify what someone is good at.
- Help to identify what activities someone needs more help with.
- Talk to you about your experiences.
- Suggest different tools or supports that could help.
- Suggest things other people can do to help the person.



Daily Life



WHAT IS AN OT ASSESSMENT?

- We'll talk about different activities you do everyday like getting dressed and washing.
- We'll talk about any activities/tasks that you find hard at home or school.
- We'll talk about what activities/tasks you find easy at home or school.
- we'll do some movement activities to understand about how your brain sends messages to your body.
- we might do some other activities to understand more about how your brain communicates with your body.
- we might also talk to you about how you experience different places e.g. if you find noisy places difficult.



WHAT HAPPENS ON THE DAY?

- We will meet you in the waiting room, we will then go to the room.
- We won't wear uniforms.
- We are friendly 😊
- We know you might feel nervous; we will talk to you at the start to try to help you feel more comfortable.
- There will be fidget toys for you to use.
- We will explain the different activities to you.
- If you don't want to do something you can tell us.
- We will do some writing during the activities, this will help us remember.
- We can have breaks.



WHAT CAN I BRING TO THE ASSESSMENT?

If you want to you can bring:

- a drink and some snacks.
- your own fidget toys or things that help you concentrate.
- something important to you that you want to show us like a favourite object or item.
- If you wear glasses please bring these with you.
- If you have any other support aids please bring these.
- Wear comfy clothes and shoes as we'll be moving around.



WHO CAN COME TO THE ASSESSMENT?

- Your parent/carer will come to the appointment with you.
- You can decide with your parent if you want them to wait in the waiting room or join you in the assessment.
- Up to 2 family members can join if wanted/needed.



HOW LONG WILL THE OT ASSESSMENT TAKE?

The assessment will take 1– 2 hours.



WHAT HAPPENS AFTER THE ASSESSMENT?

- Your OT assessment is part of your Autism and/or ADHD assessment with our team.
- After the appointment we will talk as a team to decide if we need to book in any more appointments with you or your parent/carer.
- We will call you or your parent/carer to let you know if we need to book another appointment.
- If we don't need to do any more assessment then we will book in a 'feedback' appointment for you/your parents. The feedback appointment will be to explain if you have been diagnosed with Autism and/or ADHD or not.



Did you know?

- Developmental Co-ordination Disorder (DCD)/Dyspraxia is part of the Neurodivergent family along with Autism and ADHD. It is a difference with how someone's brain sends messages to the body to tell different parts of the body to move.
- Someone who has DCD may often drop things, or bump into people. This is something that people with ADHD can also do.



It can be common for people who are autistic and/or have ADHD to also have DCD/dyspraxia. Your OT assessment will help us understand more about you and any movement differences you might experience.

If you have any questions about your appointment, please contact us using the following details.

01553 668712 Monday to Friday 9 – 5pm

Or email us on nds@nchc.nhs.uk

