



Happier | Healthier | Hopeful

Children's Occupational Therapy

Support for children and young people

Occupational therapists provide assessment and advice for children and young people who need help with skills for everyday occupations.

How we help

Self-care – for example, helping a child learn to use cutlery or dress themselves. We assess the home environment, which may include advice about improving access to the toilet or use of specialist equipment.

School work – for example, being able to sit and access table top activities, developing pencil control, improving handwriting, accessing school environments.

Play and leisure – for example, helping a child to take part in their chosen activities, such as playing with toys, taking part in sport.

The occupational therapist will take into account:

- the chronological age of the child or young person
- their developmental level
- the environment
- their readiness for working on change

We will work with you and your child to achieve your child's goals. When you do not need to see us any more, we will make sure that you know how to get back in touch with us if you need us again.

Contact us

We are happy to discuss whether a referral would be appropriate. Please contact the office base nearest you:

Furness Children's Services

Child Development Centre
Furness General Hospital
Barrow in Furness LA14 4LF
01229 491320

South Lakes Children's Services

Blackhall Unit
Westmorland General Hospital
Kendal LA9 7RG
01539 739766



Allerdale and Copeland

Footsteps Child Development Centre
West Cumberland Hospital
Hensingham
Whitehaven CA28 8JG
Occupational Therapy: 01946 68551

Carlisle and Eden

Springboard Child Development Centre
Orton Road
Carlisle CA2 7HE
Occupational therapy: 01228 608110

Confidentiality

‘The Trust’s vision is to keep your information safe in our hands.’

We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the Information Governance Team on 01228 608998 or email Information.Governance@cumbria.nhs.uk

Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team.

Email: PET@cumbria.nhs.uk Tel: 01228 602128 Freephone: 0800 633 5547

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call: **01228 603890**
E: communications.helpdesk@cumbria.nhs.uk

Or write to Engagement and Communications
Voreda House | Portland Place | Penrith | CA11 7QQ



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ID: CH008

Version: v1

Issue date: November 2015

Review date: November 2017

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