

## Occupational Therapy In County Durham and Darlington NHS Foundation Trust



### What is Occupational Therapy?

Occupational Therapy helps children and young people to participate as fully as possible in daily activities.

We work with children and young people from birth up to 19 years of age who have difficulties or a disability which affects their ability to carry out everyday tasks.



Occupational Therapists (OTs) help children and young people with the things they need or want to do within the areas of self-care, school work and play.

If a child or young person has learning, sensory or physical difficulties, their ability to grow, learn, socialise and play can be affected.

We see children and young people within a variety of settings, including nurseries, schools, special schools and their home.

### OT and Social Care



Occupational Therapists across the County Durham area work on behalf of Durham County Council and housing providers, to assess, advise and recommend adaptations within the child's home environment.

Within Darlington the Occupational Therapists can provide advice to assist Local Authority OT's with their Social Care assessments.

### Following Referral to OT

An Occupational Therapist will talk to the family / carers to discuss areas of concern and difficulties for the child. The school / referrer may be also be contacted at this time. The need and type of intervention required will then be identified. This will be as follows:



**Universal Intervention** - advice will be provided, with signposting to relevant information / services.

**Targetted Intervention** - initial strategies and advice will be given during the telephone conversation, with printed resources to home or school as necessary. Where appropriate, either an OT or OT Assistant will be allocated to the child. Contact with the family or school will be made to review and where necessary support the delivery of school or home based intervention.

**Specialist Intervention** - If the child is identified as requiring a detailed assessment, the local therapist will arrange an appointment followed by specialist therapeutic intervention as appropriate.

## Who we are



All qualified Occupational Therapists are registered with the Health and Care Professions Council.

## Training



We are able to deliver training packages relating to the functional skills of a child to meet identified areas of need. Training packages available to school staff and parents include: fine motor skills, gross motor skills, handwriting and sensory issues.

Training may take place within schools or community settings.

## Referring to Occupational Therapy

We have an open referral system. This means anyone who knows or works with a child or young person registered with a GP or living within the three Clinical Commissioning Groups (CCGs) of County Durham and Darlington can refer to our Occupational Therapy Service.

Consent from the parent or carer is required before the referral is sent to us from teachers, other health professionals, consultants, GP's etc.

A referral form can be downloaded from our website, or may be requested by phone.

Completed referral forms are to be returned to our central administration team at:  
*Chester-Le-Street Community Hospital*

.....via post, email, fax, telephone or the clinical electronic record system - SystmOne

## Contacting Your Occupational Therapist



County Durham and Darlington Occupational Therapy provides services from a range of clinical and community settings including homes and schools.

All of these local services are supported by a central team that offers a helpdesk and a Duty Occupational Therapist. The team can be contacted in the following ways:

### Post:

Children's Occupational Therapy Service  
Children's Centre  
Chester le Street Community Hospital  
Front Street  
Chester le Street  
Co. Durham  
DH3 3AT

**Tel:** 0191 3876359

**Fax:** 0191 3876378

**Email:** [cdda-tr.childrensoccupationaltherapy@nhs.net](mailto:cdda-tr.childrensoccupationaltherapy@nhs.net)

**Web:** [www.cddft.nhs.uk/childrens-occupational-therapy.aspx](http://www.cddft.nhs.uk/childrens-occupational-therapy.aspx)

**Activity Ideas:** [www.pinterest.com/functionalot](http://www.pinterest.com/functionalot)