

Are you here to see an Occupational therapist (OT)?

This is what will happen during your visit:

- We may ask you and your parent about the things you are good at and like doing and about the things you find difficult at home and at school.



- These might be things like: handwriting, tying your shoe laces, brushing your teeth, riding a bike, getting dressed, catching a ball and scissors skills.

- We might ask you to show us how you do these things and to do some tests.

Don't worry, these are actually quite fun! 😊 We will never make you do something that you do not want to do!



What will happen next? / How will I work with my OT?

- We will come up with ways to help you do the things that are important for you without the help of an adult.

- We might work with you at home and/or at school. We might speak to your teachers.



- When we find ways to help you to be more independent with your goals, you can work on these with your parents and teachers.



In the future, if you need help with new goals and enjoyed working with the OT, we will be happy to see you again! 😊

