



## Occupational Therapy

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- Paediatric Occupational Therapists
- Royal Free Hospital Trust
- Teachers and Teaching Assistants
- Carers
- Parents

Occupational therapists work to enable people to participate more successfully in daily life, improve functional performance for self-care, leisure and educational tasks, and promote the active involvement of the individual, their parents/ carers and teaching staff in achieving independence. Primarily the OT's aim is to develop and maximize a person's independence in their activities of daily living.

In the borough of Camden in London, Occupational Therapists work in the following types schools: Mainstream Schools (+5), Special Schools, ASD Resource Bases, and Child Development Team Nurseries (0-5 years).

Within the ASD Resource Base, there are 4 levels of intervention that are made by the OT's in order to help the child reach the ultimate goal of academic performance. OT's begin with the environment of the child, they will consult with other key members around the child and make any environmental adaptations they can to help the child access their environment to the maximum. Next is the foundational input from MDT and Behaviour Management, as well as sensory interventions are assessed and then built upon. Functional performance is third, and is used to intervene by helping to manage the unstructured time of the child. It is here where strategies and advice are given to parents, and home visits can be made to lend more support to parents and carers.

OT input at Woodlands ASD Resource Base has been broken down into the following cycle: termly meetings occur with the classroom teacher and SLT (Speech and Language Therapist) to set common goals for each child, plans are made, regular and annual reviews with TAC (Team Around the Child), 1:1 sensory sessions in the sensory room, 1:1 functional sessions in the class, OT group once a week, OT incorporated in TEACCH trays and homework, and home visits. It should be noted that each child has an individualized package of care which is decided upon by key professionals and reviewed at each Annual Review. Occupational therapy is an integral piece of the provision



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package for our children here at Woodlands ASD Resource Base. It helps the child work towards being an independent member of society. OT's work alongside teachers and teaching assistants to provide integrated learning and programs to reinforce methods.

**Key words:** Occupational Therapy, Autism