



## An initial consultation or assessment

Your OT needs to explore what your child's needs are and to hear what goals you have for treatment. You should feel able to ask your OT questions and tell them when you don't think they have something quite right or if you don't feel comfortable doing something.

## Questions

OTs are interested in the whole family and understand that individuals live within a social network that impacts their functioning, wellbeing, values and choice of occupations. The questions your OT asks may relate to self-care, school, leisure and daily routines. Depending on what the concerns are, they may also ask about any sensory and/or motor skill difficulties. Make sure to ask lots of questions too! Your OT should always be able to explain why they are asking or suggesting something.



## What to Expect From Your Occupational Therapist (OT)



## Getting to know your child

Your OT needs to see your child interact in different environments, with different people doing different things so they can learn what your child's needs are and things that might contribute to the difficulties they experience. Your OT should be able to explain their assessment findings and what they think would be helpful moving forward.

## Meaningful Engagement

As you move through treatment, your OT will ask you to be engaged – It's important that recommendations are implemented into everyday life in order to make a difference. If your OT suggests something that just won't fit into your life, let them know, as they want things to work for your child. Treatment should be meaningful and motivational, and the goals should be set by your child (when possible) with your OT. Therapists will take time before and after your child's session to clinically reason, record, reflect and adapt the environment to suit your child's particular therapeutic needs.

For more free resources, please visit our website;

[www.psychologyassociates.org.uk](http://www.psychologyassociates.org.uk)

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