



## Private Children's Occupational Therapy

We deliver children's Occupational Therapy that produces positive results for every child, parent, teacher, organisation and school that accesses our services.



# Welcome...

OT for Kids are a highly specialised private Occupational Therapy service for children. Our **sole purpose** is to provide **positive results** for every single child that accesses our service.

We create **new opportunities** for all children, irrespective of ability or location, to access Occupational Therapy **improve quality of life** and **improve key skills**. We regularly work with parents, schools, case managers, solicitors and organisations.

Our aim is to help every child **maximise** their potential and **improve** their quality of life .Whether that be to ride a bike, play football with their friends, improve handwriting, engage socially or to be able to feed themselves and get dressed.

We believe that every child deserves the right to **play**, socialise and be given the tools needed to **develop key skills** so that they may continue to go on to achieve something **truly remarkable**. Each and every one of our **hand-picked** and **passionate** Occupational Therapists will provide the expert level of care that we would expect if it was our own child.

See how we can help your child today.

A handwritten signature in black ink that reads "N. Varma". The "N" is capitalized and has a long horizontal stroke extending to the right, which then loops back under the "Varma".

Nathan Varma  
Founder  
OT for Kids



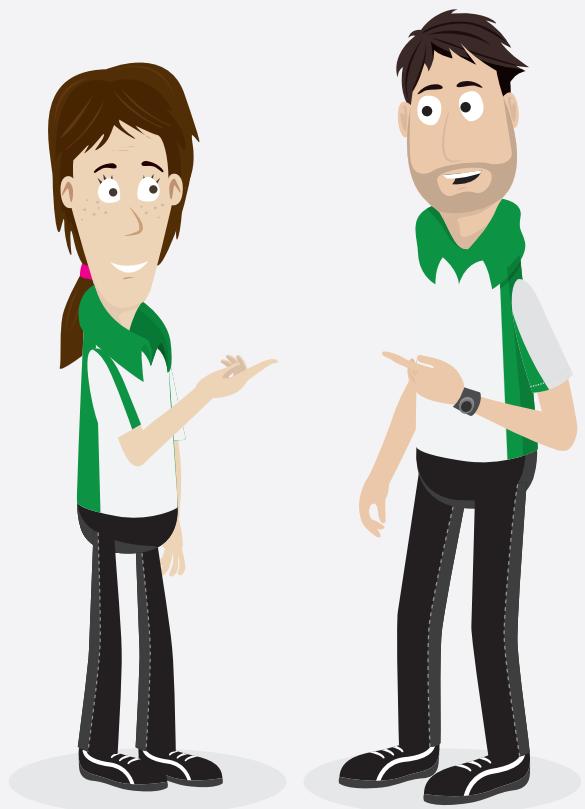
# Contents...

|  |        |
|--|--------|
| Welcome .....  | 2      |
| Our vision .....   | 4      |
| Our goals .....  | 5      |
| Our mission .....  | 6      |
| Our values .....   | 8      |
| What is children's Occupational Therapy? .....           | 10     |
| Why us? .....  | 12     |
| Our promises .....                                       | 14     |
| <br>Services .....                                       | <br>16 |
| Individual assessments .....                             | 18     |
| Individual reports .....                                 | 20     |
| Individual treatments .....                              | 21     |
| <br>Occupational Therapy groups in schools .....         | <br>22 |
| Handwriting groups .....                                 | 24     |
| Concentration groups .....                               | 24     |
| Organisation groups .....                                | 25     |
| Fine motor groups .....                                  | 25     |
| Movement groups .....                                    | 25     |
| Benefits of Occupational Therapy groups in schools ..... | 26     |
| Additional services in schools .....                     | 27     |
| Examples of handwriting progress .....                   | 28     |
| What our schools say about us .....                      | 29     |
| <br>Problems we help with .....                          | <br>30 |
| Conditions we treat .....                                | 32     |
| Who we work with .....                                   | 34     |
| What our clients say .....                               | 36     |
| Meet Jimmy .....   | 37     |
| Next steps .....   | 38     |



# Our vision...

Our vision is to offer a seamless, accessible and high quality **Occupational Therapy** service to all children by providing the most up-to-date, evidenced-based assessment and treatment. We aim to promote the awareness and understanding of Occupational Therapy and how it has a **positive impact** on childhood development.



# Our goals...

We aim to:

- Make a positive difference to every child, parent, teacher, school and organisation we work with
- Provide a service that can meet the needs of every person who comes into contact with us
- Work in a passionate, enthusiastic and engaging way
- Provide a high quality, outcome based and results driven service.
- Promote the benefit of children's Occupational Therapy to every child, parent, teacher, school and organisation.



# Our mission...

Here at OT for Kids, we place the patient at the centre of everything we do. We stand by the following mission statements:

## **Great just isn't good enough.**

We see offering a great service as standard, not as an achievement. We set ourselves goals that ensure each and every aspect of our service is a seamless, enjoyable and outcome driven experience. Our sole purpose is to produce positive results for every child involved.

## **Strive for the best.**

We strive to achieve the best for every child we see, and for every parent, school and organisation we work with. We are constantly adapting our skills for use in new and exciting areas that may have previously had little or no input from Occupational Therapy. We strive towards a better world, with better access to Occupational Therapy assessments, treatments and training.

## **Outstanding result driven service.**

Our mission is to provide positive and measurable changes to every child, parent, teacher, school, and organisation who are involved in our service. All of our services are outcome based and results driven. We strive to ensure each child develops from their first assessment to their last treatment session.



## **Fulfil every child's potential.**

We make it our mission to ensure that we maximise each child's potential. Each and every member of our team will work hard towards reaching each child's Occupational Therapy goals and improving their quality of life.

## **Tailor our service to meet your needs.**

We listen, adapt and go out of our way to ensure that we can provide a service that is specific to your needs. This involves speaking to a therapist prior to using any of our services as standard, and having daytime, evening and weekend appointments available to suit your schedule. We are confident and competent in providing specialist services that meet the needs of everyone that we work with.

## **Raise awareness and understanding of OT.**

We believe that all children will benefit from accessing Occupational Therapy. We provide services that give positive and lasting changes to every child. We believe in the promotion and education of how Occupational Therapy can help every child, and in how our core values can aid parents, teachers and organisations in providing the best care for the children they represent.

## **Maintain professional standards.**

We work alongside other allied health professionals including speech and language therapists and physiotherapists to provide you with the best all-round level of care. All of our therapists are registered with the Health and Care Professions Council (HCPC) and the British Association of Occupational Therapy (BAOT). These are the professional bodies that oversee Occupational Therapists across the U.K.



# Our values...

OT for Kids have a strong, professional and patient centred set of values that support and enhance everything we do. Our values are:

## Making a difference.

The backbone of our service is about making positive improvements for the children we treat and the parents, teachers, schools and organisations we work with. Everyone at OT for Kids strives to make a positive impact with every child and every client we come into contact with. In doing this we aim to increase people's understanding of the benefits of Occupational Therapy.

## Honesty and integrity.

We value honesty and integrity. It's as simple as that. We are open and honest with you from your very first interaction with us right through to the last. We think it is important to give you as much information as possible so that you can make an informed choice about using our service, or if Occupational Therapy is not appropriate, we will happily guide you in the right direction.

## Passion and enthusiasm.

We are passionate and enthusiastic about maximising potential and achieving positive results with all the children we work with. We value individuals who show passion and enthusiasm in everything they do. We strive towards making positive lasting changes for everyone who accesses our service.



## Ambition, drive and development.

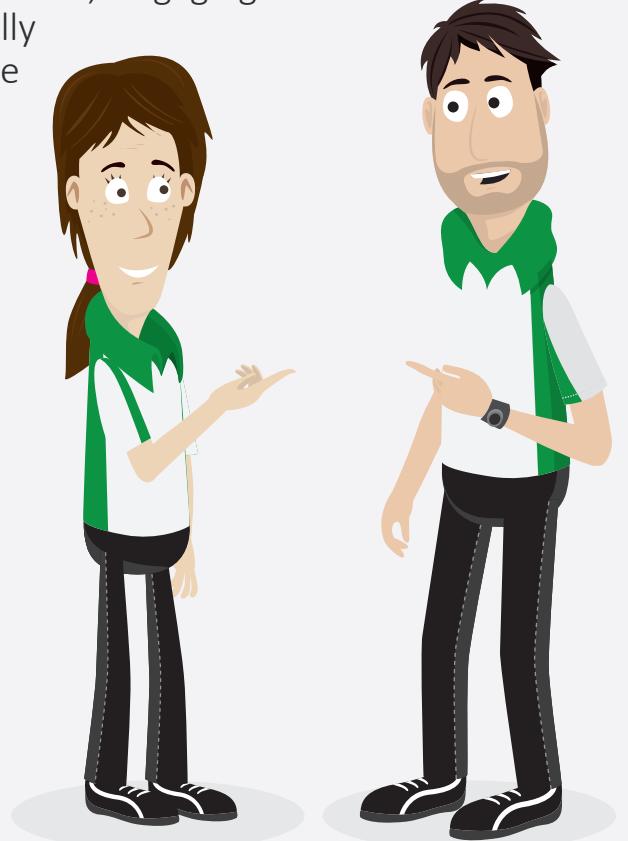
We value individuals who strive to be better every day. We ensure that everyone who you come into contact with is willing to go the extra mile to provide the best service possible to you, your child or your organisation. We value, nurture and encourage ambition and drive to continue to make a positive change to every child we see. Our hand picked Occupational Therapists not only work to develop themselves, but the use and application of the approaches and core values of Occupational Therapy, itself.

## People who are results driven.

We value people who are results driven, and who strive to make constant and lasting improvements for those who use our service. We value individuals who not only measure, but are meticulous in recording the positive results and changes we make to each child, parent, teacher, school or organisation we work with.

## Being an ambassador for Occupational Therapy.

We look for those individuals who pride themselves on being an Occupational Therapist, and who provide a positive, engaging and creative environment for all. Our team continually promotes awareness and understanding of the benefits Occupational Therapy can bring.



# What is children's Occupational Therapy..?

Children's Occupational Therapy is all about improving function in children. OT for Kids cover a wide range of conditions and problems to promote function in relation to many activities children complete on a daily basis. Some of the common conditions we work with include:

- Autism
- Attention Deficit Hyperactivity Disorder (ADHD)
- Cerebral Palsy (CP)
- Dyspraxia
- Stroke
- Developmental Delay

Some of the common problems we can help with include:

- Throwing and catching problems
- Sensory processing problems
- Concentrating problems
- Balancing problems
- Writing problems



To us, children's Occupational Therapy is about achieving goals and making a difference. Every session with us will be:



## A nalytical

All of our specialist Occupational Therapists work hard to analyse each case, and provide a stimulating and rewarding environment for furthering every child's development.



## C hallenging

We provide a challenging, yet rewarding environment to develop, hone and maintain key skills.



## H appy

We aim to make children happy and more independent.



## I nventive

Our Occupational Therapy sessions are inventive, engaging and fun.



## E ducational

We use educational strategies to improve and develop key skills in children, and in supporting parents, teachers and key workers in providing the best care possible for the child.



## V aluable

Everything we do aims to bring value to the quality and success of every child's life.



## E nthusiastic

Each of our specially chosen Occupational Therapists are enthusiastic and passionate about what they do. Everyone at OT for Kids works hard to go the extra mile for every one of our patients.



# Why us..?

There are many reasons to use our Occupational Therapy services. One of which being that, our sole purpose is to make a positive difference to every child, parent, teacher, case manager and organisation we work with. Alongside this we also ensure:

## Peace of mind.

We understand that it can be upsetting to find out your child is finding things more difficult than other children. With OT for Kids you can be assured that you receive the right help to get your child back on track.

## You're in the right hands.

Every member of our team is hand-picked by us to provide you with the high quality service we feel you deserve. Not only this but all of our team are registered with the British Association of Occupational Therapy (BAOT) and the Health and Care Professions Council (HCPC).



## **Improved understanding.**

One of the first steps in the assessment process is to understand the reasons why your child is experiencing the difficulties they are. Our experienced Occupational Therapists have the knowledge and caring nature to ensure that we truly understand each and every child we see. Our assessment and treatment sessions provide you with a better understanding of your child and are a crucial first step in the right direction.

## **Incredibly effective Occupational Therapy.**

We pride ourselves on the quality and effectiveness of our service. We provide a high quality service, that is both enjoyable for the child, and beneficial for the parents, teachers and case managers we work with.

## **We work with clients of all sizes.**

OT for Kids regularly work with parents, solicitors, insurers, case managers as well as organisations such as schools and charities. When working with you, we always put the child at the centre of everything we do.

## **We're here to help!**

Speak to one of our Occupational Therapists to find out how we can make a difference to your child today!



**0330 223 0888**



**office@otforkids.co.uk**



**www.otforkids.co.uk**

# Our promises...



## Purposeful

We promise purposeful activity based treatment. Every activity we do with your child has a purpose and will improve key skills that relate to an important area of their life and development.



## Reliable

You can count on us to offer a fast, reliable service to ensure we meet your needs. We operate nationwide and have evening and weekend appointments available.



## Open

We are 100% honest in everything we do. We are open about prices, duration of sessions and what to expect on your first visit.



## Motivated

Each and every member of our team is motivated to make a difference.



## Improvement

We aim for every single child to make positive and lasting improvements in key skills and to increase their independence.



## Secret

Every interaction you have with us is confidential. We keep all our notes secured and in line with national guidelines.



## Effective

We promise to offer an effective; results based service, where you can see and measure the change in your child.

We make the following promises to each child:

### **Skill Development**

We aim for every single child to make improvements following our treatment.

### **Achieve your goals**

We strive to achieve the best possible results for each child.

### **Brighter Future**

We maximise potentials and provide children with a brighter future and quality of life.

### **Child Centred Practice**

We put children's happiness and development at the centre of everything we do.



# Services...

OT for Kids provide a wide range of services, all of which have been tailored based on the latest evidence and our clinical experience. Our services include:

|  |    |
|--|----|
| Individual assessments .....                             | 18 |
| Individual reports.....                                  | 20 |
| Individual treatments .....                              | 21 |
| <br>   |    |
| Occupational Therapy groups in schools.....              | 22 |
| Handwriting groups .....                                 | 24 |
| Concentration groups .....                               | 24 |
| Organisation and memory groups .....                     | 25 |
| Fine motor groups.....                                   | 25 |
| Movement groups.....                                     | 25 |
| <br>   |    |
| Benefits of Occupational Therapy groups in schools ..... | 26 |
| <br>   |    |
| Additional services in schools.....                      | 27 |
| Staff training.....                                      | 27 |
| School audits .....                                      | 27 |
| Disability awareness days .....                          | 27 |
| <br>   |    |
| Examples of handwriting progress .....                   | 28 |
| What our schools say about us.....                       | 29 |





# Individual assessments...

OT for Kids provide individual Occupational Therapy assessments.

An assessment is the first step for all of our clients. It enables the therapist to gain a clear picture about why you have requested our help.

During the assessment we will use a combination of standardised assessments and expert observation to determine the best treatment approach for your child.

Assessments are available at your convenience, either at home, in school or at one of our clinics.

## What we assess:

- Autism and ASD
- Concentration
- Function
- Handwriting
- Sensory Profiles
- Specialised seating
- Sensory processing disorders
- Balance and co-ordination
- Visual-Motor Integration
- Visual Perception Skills
- Wheelchairs
- Equipment
- Dyspraxia
- Risks



OT for Kids pride ourselves on delivering a high quality service. We are open 7 days a week and have expert Occupational Therapists nationwide. Choose us because of our:

- Expert Occupational Therapists
- High quality treatment
- Fast and reliable service
- Nationwide service
- Positive outcome based therapy
- Flexible appointment times
- Ability to assess and treat a wide range of problems and conditions



# Individual reports...

We provide detailed individual Occupational Therapy reports written in a clear and concise manner.

Once the assessment has been completed there is the option of a report. The purpose of a report can be for many reasons such as to summarise the assessment, summarise the difficulties and how this impacts upon day to day life, as a second opinion or to support a legal case. Our reports are always written to the **highest quality** and undergo close inspection before they are sent out.

## Reports available.

- Functional Assessment Report
- DCD/Dyspraxia Report
- Home Assessment Report
- OT Programme Report
- Case Manager Report
- Equipment Report
- Medico-legal Report
- Wheelchair Assessment Report
- SEN Statement Report
- Autistic Spectrum Disorder Report
- Access Audit Report
- Risk Assessment and Management Report
- Sensory Modality Assessment and Rehabilitation Technique (SMART) Report



## Benefits.

- ✓ Detailed summary of the assessment
- ✓ Shared knowledge between professions
- ✓ Breakdown of problems and treatment options
- ✓ Identify further therapy needs

# Individual treatments...

We provide individual Occupational Therapy treatment to children in clinic, at home or in school.

We are **extremely flexible** and offer a variety of treatments in locations that suit you. We aim to provide you with the **best treatment possible**, and will always suggest the best possible treatment options for your child, whether this be monthly one on one treatment, a burst of regular treatment sessions or group therapy.

## Treatments we offer.

OT for Kids provide a wide range of treatments, including:

- One to one treatment in clinic
- One to one treatment at home
- One to one treatment at school
- Adaptive equipment
- Sensory integration therapy
- Fine motor improvement therapy
- Confidence improvement therapy
- Hydrotherapy
- School groups
- Teacher training
- Occupational Therapy classroom assistant support

## Find out more...

To find out more about our treatments, speak to one of our Occupational Therapists today!



0330 223 0888



[office@otforkids.co.uk](mailto:office@otforkids.co.uk)



[www.otforkids.co.uk](http://www.otforkids.co.uk)

# Occupational Therapy groups in schools...

Our Occupational Therapy groups in schools enable multiple children to be seen by our specialist Occupational Therapists. The groups run over the course of one school day, with up to four groups per day. There are the five different types of group:

- Handwriting group
- Concentration group
- Organisation and memory group
- Fine motor group
- Movement group

Children in each group are assessed and treated over one term and an individual report is provided outlining the progress made, further recommendations to school, and activities that aid in building capacity for staff in your school.

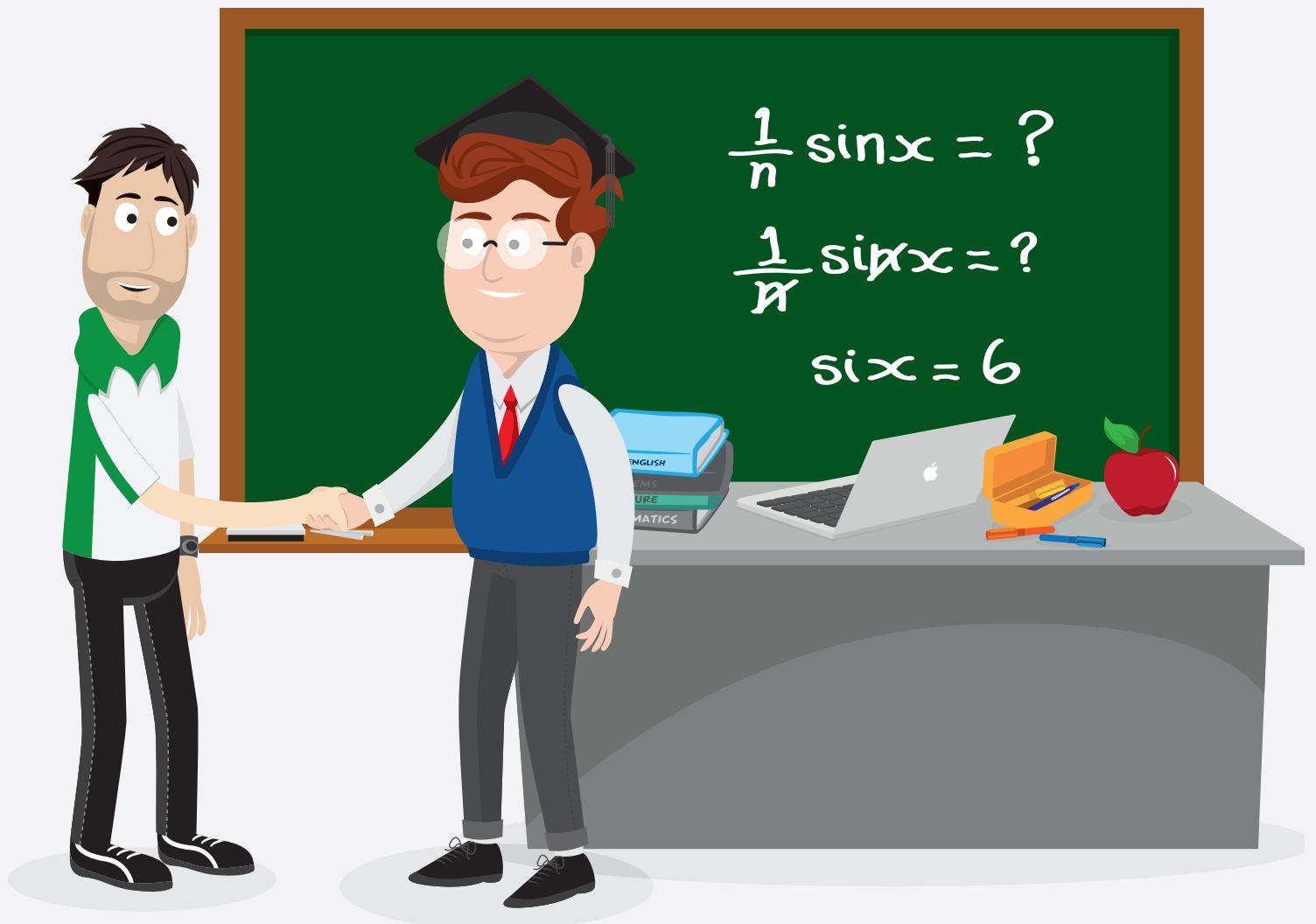




Your school...

Our groups...

Your results.



# Occupational Therapy groups available in schools...

We have five types of groups available. These groups are aimed at improving key aspects of a child's performance in school. These include; handwriting, concentration, organisation, fine motor skills, and movement.

## Handwriting group.

Each handwriting group aims to improve the legibility, letter formation, sizing, spacing, alignment, letter slope and overall appearance of writing. Activities completed within the handwriting group are designed to improve the underlying hand strength and visual perceptual skills needed for speedy and legible writing.

- ✓ Improve pencil grip
- ✓ Improve posture
- ✓ Improve understanding of size and shape
- ✓ Improve visual perception skills
- ✓ Improve writing speed
- ✓ Improve fluency
- ✓ Improved legibility of writing



## Concentration group.

The concentration group is designed to improve visual attention, auditory attention, task attention and address any sensory needs.



- ✓ Improve attention
- ✓ Improve auditory attention and 'listening' skills
- ✓ Improve visual attention and 'looking' skills
- ✓ Improve processing skills
- ✓ Improve ability to remain seated

## Organisation group.

The organisation group is a group designed to improve general 'life skills', including working memory, sequencing, planning and organisation skills. All skills developed aid children in successful participation in school and at home.

- ✓ Improve processing
- ✓ Improve planning and sequencing
- ✓ Improve life skills
- ✓ Improve time management skills



## Fine motor group.

The fine motor group is designed to improve hand strength, finger manipulation and visuomotor skills. Fine motor activities include cutting, threading and writing.



- ✓ Improve cutting
- ✓ Improve hand eye co-ordination
- ✓ Improve visual perception skills
- ✓ Improve hand strength
- ✓ Improve writing

## Movement group.

The movement group is designed to improve the co-ordination of movements including throwing, catching and balancing.

- ✓ Improve balance
- ✓ Improve co-ordination
- ✓ Improve throwing and catching
- ✓ Improve core strength



# Benefits of Occupational Therapy group service...

Our Occupational Therapy group service is a fantastic opportunity for schools to receive ongoing Occupational Therapy input for a large number of children within their school. Children will make fast and lasting changes to their skills. Teachers will also learn more about common difficulties in school and parents will receive Occupational Therapy support for their child.

We provide a **free** 2 hour session of staff training as standard in the Occupational Therapy group service.

## Benefits include:

- ✓ Improve handwriting
- ✓ Improve pencil grip
- ✓ Improve concentration, listening and attention
- ✓ Improve movement and co-ordination
- ✓ Improve fine motor skills
- ✓ Measured improvements and outcomes for every child
- ✓ Improve attainment scores in school
- ✓ Improve understanding of common conditions
- ✓ Improve teacher knowledge in handwriting, concentration, fine motor organisation and movement skills

All of our groups are extremely flexible and adaptable to the needs of your school.

## Speak to us today!

To find out more about our groups, speak to one of our Occupational Therapists today!

 0330 223 0888

 [office@otforkids.co.uk](mailto:office@otforkids.co.uk)

 [www.otforkids.co.uk](http://www.otforkids.co.uk)

# Additional services in school...

OT for Kids provide additional services within schools. We provide:

## Staff training.

We provide expert training on improving teacher understanding of handwriting, movement, fine motor skills, concentration skills and how Occupational Therapy can benefit schools.

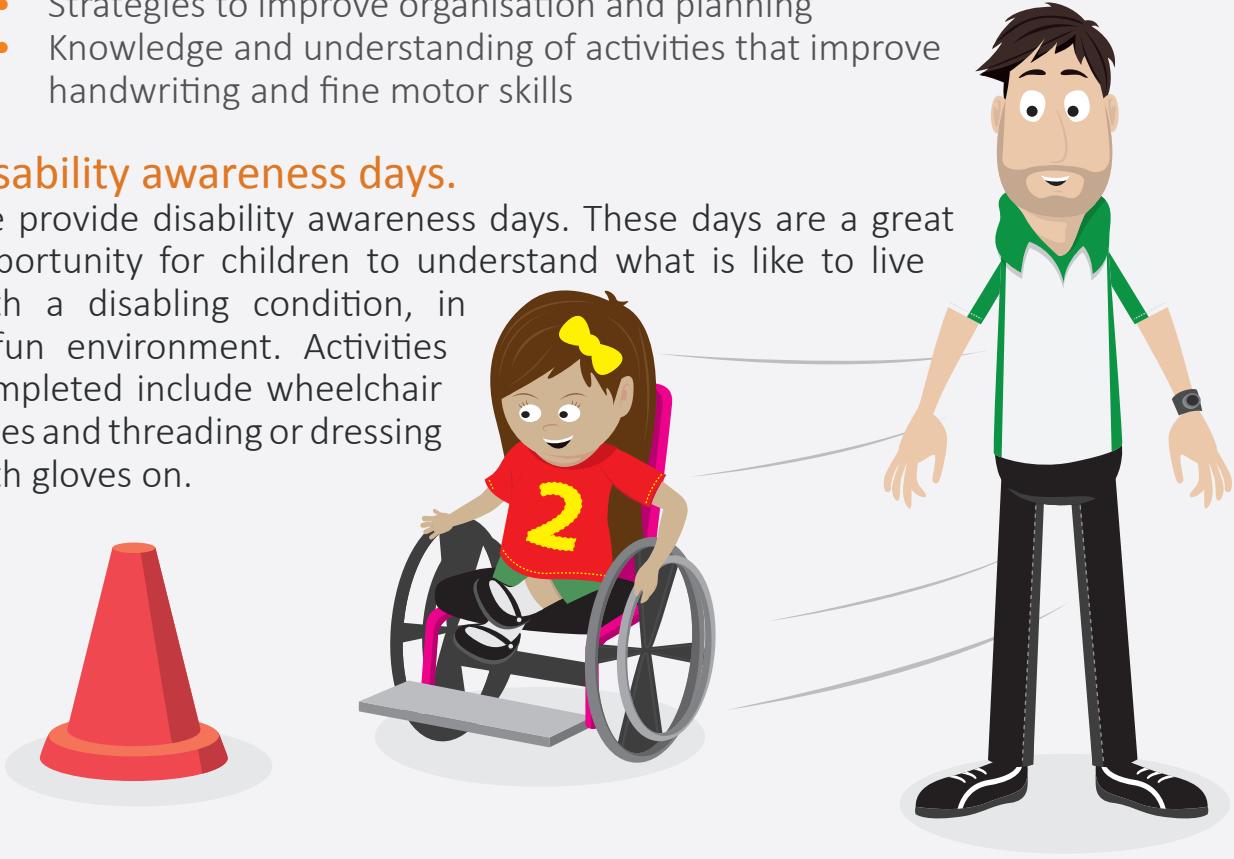
## School audits.

We are able to come to your school and provide an Occupational Therapy assessment audit of your current practices and the environment. A school audit can be used to improve:

- Strategies to improve concentration and attention
- Knowledge of posture boards and adaptive equipment
- Strategies to improve organisation and planning
- Knowledge and understanding of activities that improve handwriting and fine motor skills

## Disability awareness days.

We provide disability awareness days. These days are a great opportunity for children to understand what is like to live with a disabling condition, in a fun environment. Activities completed include wheelchair races and threading or dressing with gloves on.



# Improvement examples...

See the improvements we made to Erin and Rachel's handwriting in one term...

Rachel - 8

**Week 1** **Before**

The quick brown fox jumps  
The quick brown fox jumps over the  
over the lazy dog  
lazy dog

**Week 13** **After**

The quick brown fox jumps  
The quick brown fox jumps  
over the lazy dog  
over the lazy dog

Erin - 6

**Week 1** **Before**

The quick brown fox jumps  
The quick brown fox jumps  
over the lazy dog  
over the lazy dog

**Week 13** **After**

The quick brown fox jumps  
The quick brown fox jumps  
over the lazy dog  
over the lazy dog

# What our schools say about us...

*As a school we have utilised the service provided by OT for Kids as we have significant numbers of pupils requiring support with fine motor skills, gross motor skills, concentration and handwriting. We wanted to build our capacity to support these children and so the Occupational Therapist, Nathan completed the groups in our school. We have found working with Nathan has rejuvenated our practice. Conversation with Nathan have clarified possible resources to be purchased, which will improve provision for many pupils. The children thoroughly enjoy the sessions and are keen to attend and class teachers have noticed improvements in the children's handwriting and attitudes to writing within just 3 weeks.*

## **S Robinson, Deputy Head Teacher**

Crumpsall Primary School, Manchester

*We have been working with OT for Kids during the spring term. High quality and engaging sessions have been delivered focussing on improving fine motor skills, organisational skills and memory skills. Anticipated outcomes were discussed at a preliminary planning meeting and student progress is closely tracked, monitored and evaluated. This is proving to be an extremely effective provision.*

## **S Brooks, SENCO**

Trinity High School, Manchester

*We asked OT for Kids to work with us as we had found that many of our children were having difficulties with motor skills, which was impacting on their work in the classroom. We have been impressed and delighted by the progress that the children have made in the short space of one term, both in terms of handwriting and concentration. At a recent pupil progress presentation, each class teacher independently made reference to the progress made by the children in the OT groups and how much their skills had developed. We have found both Chelsea and Nathan to be very professional, very knowledgeable, approachable and full of helpful and practical advice that can be implemented in the classroom easily and to great effect.*

## **Sarah Coley, SENCO**

St Georges Primary School, Hyde



# Problems we help with...

For many children, growing up can be difficult, particularly when they have difficulties writing, concentrating, listening or co-ordinating their movements. OT for Kids regularly provide expert assessments and treatment for a wide range of problems such as:

Poor handwriting.



Visual perception difficulties.



Poor co-ordination.



Complex needs.





Fine motor difficulties.



Concentration difficulties.



Sensory regulation difficulties.



Low confidence or self esteem.



# Conditions we treat...

Our Occupational Therapists are able to assess and treat a wide range of conditions including:

## **Sensory conditions.**

We have highly specialised Occupational Therapists who are trained in Sensory Integration and are able to provide effective assessment and treatment of a range of sensory conditions such as ASD, Sensory Processing Disorder and Acquired Brain Injury.

## **Neurological and long term conditions.**

We assess and treat a wide range of neurological conditions. Our therapists help improve key skills such as writing, concentration and co-ordination. Conditions we work with include Stroke, Cerebral Palsy, Acquired Brain Injury, Down's Syndrome, hydrocephalus and Multiple Sclerosis.

## **Mental health.**

We work with children who have mental health difficulties and those who are struggling with conditions such as anxiety and depression, low self esteem, and self harm. We provide effective and long lasting changes to the wellbeing of children with mental health difficulties.

## **Cognitive difficulties.**

We assess, treat and improve a range of cognitive difficulties such as poor organisation, short term memory and concentration. Cognitive difficulties can be as a result of a range of medical conditions, including stroke, acquired brain injury, cancer, hydrocephalus, Cerebral Palsy, dyspraxia and developmental delay.

## **Physical conditions.**

We assess and treat physical conditions such as poor fine motor skills, handwriting problems, and gross motor co-ordination difficulties.

## Common conditions we work with:

- Autistic Spectrum Disorders (ASD)
- Acquired Brain injury (ABI)
- Attention Deficit Hyperactivity Disorder (ADD/ADHD)
- Asperger Syndrome
- Childhood Cancer
- Cerebral Palsy
- Dyspraxia or Developmental Co-ordination Disorder
- Developmental Delay
- Down Syndrome
- Hydrocephalus
- Multiple Sclerosis (Child)
- Muscular Dystrophy
- Rett Syndrome
- Sensory Processing
- Stroke
- Spina Bifida

## Benefits of Occupational Therapy.

There are many benefits of receiving Occupational Therapy support.  
For example, through seeing an Occupational Therapist, you will:

- ✓ Identify key problems
- ✓ Improve performance in school
- ✓ Receive expert help and support
- ✓ Receive detailed and easy to understand reports
- ✓ Improve key skills eg. handwriting, dressing, cutting and balance
- ✓ Objectively measure changes



# Who we work with...

OT for Kids regularly work with a wide range of individuals and organisations. Some of the people we work with are:

## Parents.

OT for Kids regularly work with parents in providing one on one and group assessment and treatment.



## Schools.

Our Occupational Therapists provide both one on one and group support in schools. We also regularly train teaching staff and teaching assistants and provide school audits.



## Charities and organisations.

OT for Kids work with charities providing the best care support and opportunities to children.



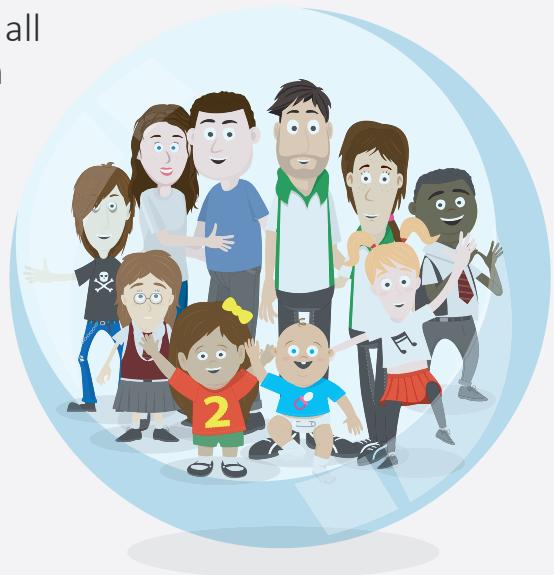
## Case managers and solicitors.

OT for Kids work with case managers in providing the best care possible to children.



## Insurers.

OT for Kids work with insurance companies in providing a wide range of services to all children. We work together with insurers in providing the best possible level of care to each child.



# What our clients say...

*OT for Kids have been a great help in aiding my son Jake with coping with his dyspraxia both at home and in school. They came to our house and completed the assessment at home. The assessment and report proved beneficial in our discussions with Jake's school, and we are very pleased with the outcome the report has helped us achieve.*

## **Jackie, Parent.**

*At our school, there are many children who have difficulty forming letters correctly, concentrating or performing well in P.E, which can impact greatly on their learning. With the support and Occupational Therapy groups available from OT for Kids, these children have made great progress and are now at a level which is not so concerning. As a teacher and SENCO, I thoroughly enjoyed working and learning from the Occupational Therapist.*

## **Emily, SENCO and Teacher.**

*As a case manager, I regularly deal with many private companies. I found OT for Kids to be highly professional, reliable and provide me with flexible appointments that suited both me and my clients. The Occupational Therapist completed a comprehensive assessment and report, which was not only clear, concise and an accurate reflection of the difficulties, cost breakdown and further therapy needs, but it was returned to me quickly and efficiently. The report was provided quickly and efficiently. Generally I have been very impressed with the service.*

## **John, Case Manager.**

# Meet Jimmy...

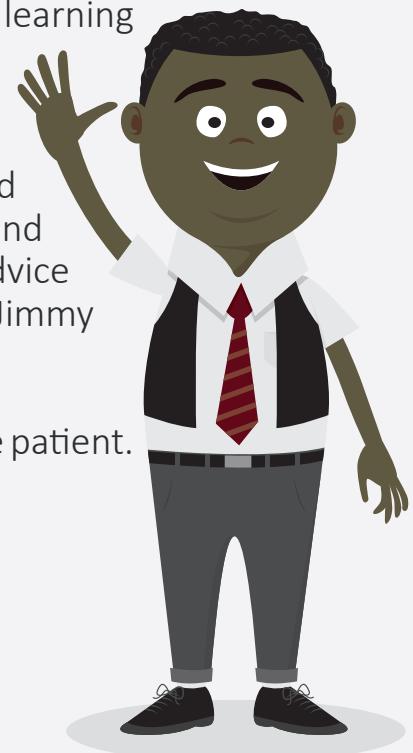
Jimmy is 10 years old, he enjoys playing football and wants to do well at school. Jimmy has dyspraxia, or developmental co-ordination disorder. Dyspraxia is a well known condition, however the association between the condition and how it can affect a child at school is not so well understood. Dyspraxia affects a child's planning, processing, and motor co-ordination, which dramatically impacts upon a child's performance in school.

Jimmy struggles to ride a bike, he is never picked for the school football team, and the teachers at his school are expressing concerns regarding his writing. Jimmy tries very hard to keep up with the class when he is copying from the board, however he just can't keep up. He has to concentrate so hard on making his writing neat and legible, that he often misses the information being taught and the objectives for the lesson.

Jimmy came to our clinic and received an initial assessment and ongoing monthly treatment. Alongside his ongoing treatment, Jimmy and his parents worked through a home programme of activities to improve his skills, and Caroline, his Occupational Therapist, visited his school to improve his environment and increase his learning opportunities.

Over time, Jimmy's writing became legible and he was able to kick a football with good accuracy and he even managed to get his way onto the school football team! Both Jimmy and his parents were extremely pleased with the support, advice and expert help they received from OT for Kids in helping Jimmy achieve his goals.

All of our assessments and treatments are centred around the patient. We believe that together we achieve more.



# Contact us...

Get in touch:

If you would like any further details regarding the information and services provided within this brochure, please get in touch:

-  **0330 223 0888**
-  **office@otforkids.co.uk**
-  **www.otforkids.co.uk**

Any one of our friendly Occupational Therapists will gladly be able to help. **We look forward to hearing from you!**



# Notes...

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*Reach for the sky*



OT for **Kids**

[www.otforkids.co.uk](http://www.otforkids.co.uk)

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