



What does an Occupational Therapist (OT) do?

We assess if changes can be made to the environment to enable a child or young person to take part in everyday activities. After assessment, the OT may offer advice, provide specialist equipment, or adapt the environment, to help remove barriers to engaging in daily tasks.

Where do you help a child or young person?

We see children and young people at home or at school, depending on where the need is. We work with the child, parents, carers, and other professionals to provide guidance and support where possible.

What's your goal for a child?

Our aim is to support children and young people to be safe, independent, included, and to achieve. Our goal is to enhance their quality of life and reduce any risks to both the child and their caregiver.

Who can be referred?

Any child or young person can be referred who has significant difficulties that impact his or her ability to carry out everyday tasks such as:

- Getting on and off a bed, toilet or chair
- Getting into and out of a bath or shower
- Climbing outside steps or internal stairs
- Sitting to eat, drink, play, or carry out schoolwork.

We see children and young people up to the age of 18 who have a medical diagnosis, are being considered for or awaiting a diagnosis, or are being investigated by a medical professional.

What happens after assessment?

Following assessment, we may:

- Offer advice e.g. classroom layout changes or safer moving and handling techniques
- Provide equipment e.g. bathing aid, supportive seat or a toilet frame
- Complete a minor adaptation e.g. a banister or grab rail install
- Complete a major adaptation e.g. adapt the bathroom or install a ramp, stairlift or hoist.





What if a child needs Occupational Therapy treatment?

Our team does not provide Occupational Therapy treatment. For an OT assessment of a child or young person's functional skills, such as dressing, handwriting or processing of sensory information, please complete an Occupational Therapy for Children and Young People Request for Assistance Form, which is available on the NHS Forth Valley Children's Services website.

How can I make a referral?

Please email our team: FCCOT@falkirk.gov.uk and ask for a referral form. We accept referrals from parents, carers, professionals and school staff.

An OT will then be in touch with the referrer and family to arrange a date and time for assessment. We aim to see a child within 8 weeks.

What if a child is being discharged from hospital?

Hospital staff will assess the child or young person's needs for discharge, then they can refer to our team afterwards if necessary.

What if I'm not happy with the service my child received?

Everyone's views are important to us. If you have a suggestion or complaint about the service, we use this information to help us improve our service, where possible. If your child currently receives intervention from someone in our team, speak to the Occupational Therapist or a Manager in the first instance.

If you would prefer to speak to someone visit www.falkirk.gov.uk/contact-us/complaints and click on the green box that says, 'make a complaint' or call 01324 50 60 70.