

Child & Family Health

OCCUPATIONAL THERAPY



Child & Family Health

Our aim is to promote the development, well-being and safety of children. We seek to provide the best possible outcomes for children and their families.

If you have a Medicare Card and live, work or study in the local area services are **FREE**. These local council areas include: Cumberland, Parramatta, Blacktown and The Hills.

We focus on
FAMILIES and
CHILDREN

Occupational Therapy

What is Occupational Therapy?


Occupational Therapists help children to take part in everyday activities, movement and learning. This includes activities like **climbing and playing, drawing and writing, getting dressed** and taking care of themselves. When parents engage in therapy activities with their child during the sessions and at home, therapy is more effective.

What age groups do you see?

Infants and children birth to seven years.

How can I access the service?

You can request the service by phoning the Central Referral Service on:

 **1800 600 681.**

An administration officer will ask you some questions and pass your request on to the Occupational Therapy team.

There may be waiting times for some occupational therapy services.

Where can I access the service?

Occupational Therapy services are provided at Hills, Auburn, Doonside and Mt Druitt Community Health Centres. **Call 1800 600 681.**

For Families living within the Parramatta and Merrylands areas Occupational Therapy services are provided by Children's Hospital Westmead. **Call 9845 0000.**

Some visits may occur at home or at a community venue, such as your child's preschool.



Do you speak a language other than English?

A free and confidential interpreter service, including Auslan, is available. Ask staff to arrange an interpreter for you.

What do I bring to my first appointment?



Please bring your Medicare card to your first appointment and have your child's Blue Book (My Personal Health Record) available at every appointment.

Please bring copies (if any) of your child's:

- Reports or documents from your local doctor or paediatrician or a hearing assessment.
- Assessments or reports from other health professionals your child has seen (including psychologists, paediatricians, occupational therapist, and speech pathologists)
- Reports of testing by a school counsellor and school reports from the last 12 months and any reports of psychometric (IQ) testing.
- We may send you a questionnaire to complete and bring it to your first appointment.



Health
Western Sydney
Local Health District



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What can I expect at my first appointment?

When you arrive to the Community Health Centre you will be greeted by the receptionist. This person will let your child's occupational therapist know that you have arrived. You will be asked to wait in the centre's waiting area.

During the appointment, your occupational therapist will talk with you about your child's medical, social, and developmental history. They will ask about your child's strengths and what difficulties they are having.

Your occupational therapist will then complete an assessment with your child and talk to you about your child's goals and treatment options. Together, you and your occupational therapist will decide what you need to work on to help develop your child's skills.

Who will I meet at my appointment?

You will meet your occupational therapist. Sometimes your occupational therapist will be accompanied by a student. This student is studying occupational therapy at university. Our Occupational Therapists are registered with the Australian Health Practitioner Regulation Agency (AHPRA). For more information visit <http://www.ahpra.gov.au>

More information about children and occupational therapy

<https://raisingchildren.net.au/guides/a-z/health-reference/occupational-therapist>

<http://aboutoccupationaltherapy.com.au/working-with-children/>

Child Development

Child development describes the changes in your child's physical growth. As children grow they also learn social, emotional, behaviour, thinking and communication skills.

Learn the Signs Act Early is a new tool in your child's Blue Book that parents can use to learn about their child's brain and physical development.

Our services can assist if you have questions about any aspect of your child's development.

Your child's Blue Book contains helpful information - look in the 'Useful Contacts and Websites' section and on the back cover or go to www.health.nsw.gov.au/mybluebook

