

# THE CHILDREN'S OCCUPATIONAL THERAPY SERVICE

*Support while children,  
young people and their  
families are at home*



As a parent or carer at home with your children during the school shut down, some of the equipment you use may not be working or start to be too small. The manual handling equipment may not be working as well or you start to have a sore or painful neck back or shoulder as you are lifting your child more. The strategies and ways you support your child's activities of daily living may not be working as well?

The Children's Occupational Therapy Service Help line is available for you to contact for advice, support and guidance. The Service is providing a telephone helpline for parents or carers who feel would benefit from a consultation with a Specialist Children's Occupational Therapist to support with any concerns or issues.

Areas of concern you may wish to discuss could include:

- Equipment stopped working or has become too small
- Activities of daily living are becoming more difficult, like wash and dressing
- Lifting or moving your child is becoming painful, or you are noticing you are more sore in the evenings
- Daily structure and techniques are more challenging to do at home
- How to best look after yourself so you can support your child.

You can contact the Children's Occupational Therapy line on 0121 303 3865, If one of the Therapists is available, they will be able to discuss the issue. If the Therapist is not available please leave:

- Your name
- The telephone number you would like to be contacted on
- The name of your child's
- Whether an interpreter is required for you to access this service telephone number and what the issues relates to.

One of the Children's Occupational Therapists will contact you back to discuss the issue and find a solution or signpost to a service which may be able to support.

We will aim to get back to you as soon as possible.

A member of the team will aim to get back to you as soon as possible.

*"We can do this if we all work together as a family"*

Birmingham SEND Youth Forum

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