

RFH Paediatric Occupational Therapy Group Intervention

OT THERAPY GROUPS 2016 - 2017

GROUP	AIMS	TIME SCALE	DATES
Cognitive Orientation to Daily Occupational Performance (CO-OP)	<ul style="list-style-type: none"> - CO-OP (cognitive) approach to child-chosen functional goals - Global strategy & domain specific strategies - Generalising CO-OP approach to other challenges in everyday life - Parent education 	Frequency (Per year): 6 Sessions: 5-6 group sessions: 1.5 hours per session, running daily during school holidays Number of children: 4 – 6 Therapists: 2 Location: Clinic	HALF TERM HOLIDAYS SCHOOL HOLIDAYS
ADL and Skills Training	<ul style="list-style-type: none"> - ADL: Dressing, eating, drinking, preparing a snack, bike riding etc. - Handwriting - Scissor skills - Parent education 	Frequency (Per year): 2 Sessions: 4-6 group sessions: 1 hour per session, running weekly Number of children: 4 – 6 Therapists: 2 Location: Clinic	AUTUMN TERM 2 2016 SPRING TERM 2 2017 SUMMER TERM 2 2017
Alert Workshop	<ul style="list-style-type: none"> - How does your engine run? programme - Sensory strategies to support 'just right' state of arousal for learning & playing - Parent education 	Frequency (Per year): 3-4 Sessions: 1.5 hour workshop with 1-2 follow up sessions in school Number of children: 4 – 6 Therapists: 2 Location: SCS Clinic	AUTUMN TERM 1 2016 SPRING TERM 1 2017 SUMMER TERM 1 2017
Sensory Motor	<ul style="list-style-type: none"> - Body awareness - Core strength - Motor planning - Parent education 	Frequency (Per year): 3 Sessions: 4- 6 group sessions: 1.5 hours per session, running weekly Number of children: 4 – 6 Therapists: 2 Location: SCS Clinic	AUTUMN TERM 1 2016 SPRING TERM 1 2017 SUMMER TERM 1 2017
Under 5's	<ul style="list-style-type: none"> - Play development - Pre-writing - Eating and drinking - Parent education 	Frequency (Per year): 6 Sessions: 6 group sessions: 1.5 hours per session, running weekly Number of children: 4 – 6 Therapists: 2 Location: SCS Clinic	Every Term
School Readiness: Primary Transition	<ul style="list-style-type: none"> - Pre-writing and letter formation - Cutting and sticking - Independence in dressing and self-care tasks - Eating and drinking e.g. cutlery use - Parent education 	Frequency (Per year): 1 Sessions: 4-6 groups sessions: 1.5 hours per session, running daily Number of children: 4 – 6 Therapists: 2 Location: Clinic	SUMMER HOLIDAYS
School Readiness: Secondary Transition	<ul style="list-style-type: none"> - Preparation for Secondary School Transition - IT and typing skills - Self- Organisation - ADL's - Use of tools e.g. maths equipment, homework diaries - Parent education 	Frequency (Per year): 1 Sessions: 4-6 groups sessions: 1.5 hours per session, running daily Number of children: 4 – 6 Therapists: 2 Location: Clinic	SUMMER HOLIDAYS

Overview of Groups across the 2016-2017 Academic Year

	Autumn	Spring	Summer
Half Term 1	Sensory Motor ALERT Workshop	Sensory Motor ALERT Workshop	Sensory Motor ALERT Workshop
Half Term Holidays	CO-OP CO-OP	CO-OP	CO-OP
Half Term 2	ADL U-5's	ADL U-5's	ADL U-5's
Holidays	<i>Xmas holidays – no groups</i>	CO-OP CO-OP	CO-OP CO-OP School Readiness – Primary School Readiness – Secondary
Total	6	7	9