

# Occupational Therapy (OT) at Parkside House School



I'm Sarah, the Occupational Therapist here at Parkside.

You'll see me around school. Sometimes I'll join you in your lessons, or you might come along to a group activity or one to one session with me.

I try to make sure that the things we work on together are interesting and important to you, but also fun (wherever possible!).

Personally, I'm happiest when I'm outdoors and around animals! So, when I'm not here at Parkside, I like to go out dog walking and horse riding. I also enjoy going to football matches when I get the chance (NUFC, if you're wondering!).

I love getting to know people too, so if you see me around school, feel free to say hello and stop for a chat!

## What is it?

We all have some things we can do easily and other things we find it hard to do. Everyone is unique!

Sometimes, the things we find hard get in the way of being able to do the activities we need and want to do (also known as 'occupations').

For example, finding it hard to sit still in a lesson might get in the way of being able to learn. Or, feeling sad/worried a lot might get in the way of making friends and going to do things in the community.

**Occupational Therapists (OT's) help you to figure out why something might be difficult for you to do.**

**Once we've figured out why, we think about ways to make the activity easier.** Usually by helping you improve your skills, or, by changing the task and environment to better suit you.

### OT can help you to...

- Find ways to concentrate for longer in the classroom
- Become more confident with life skills such as, using public transport, cooking and looking after yourself
- Figure out what helps you to feel calm again if you become upset or overwhelmed by your emotions
- Prepare for new experiences/plan for the future
- And lots more...!



Parkside  
House  
School

Acorn Education  
And Care

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I'm Sarah, the Occupational Therapist here at Parkside.

You might see me in...

- The classroom
- Group activities
- One-to-one sessions

I try to make sure that the things we work on together are important to you and fun!

I like...

- Dog walking
- Horse riding
- Going to football matches
- Watching movies

If you see me around school, please say hello!

## What is it?

Occupational Therapist's (OT's) help you to figure out why something might be hard for you to do.

Once we know why, we think about ways to make the activity easier for you.



## OT can help you to...

- Pay attention in the classroom
- Learn how to do things you find hard
- Find things that help you to feel calm when you're upset