



Managing well in education

Education is a right for children and a benefit to a person of any age. To do well in education an individual needs to be able to gain access to, understand and retain the information and meet the requirements of the school/course. If you or your child has a condition or situation which makes it difficult to do these things, there are many steps you can take to help.

If you or your child's needs are more complex, or you are unsure how to manage your situation, you can ask for an occupational therapy assessment.

Top tips from occupational therapists

Take care of yourself

- **Eat and drink healthily** with plenty of fruit, vegetables and water. A varied diet with plenty of vitamins will help boost you/your child's immune system and energy levels.
- **Exercise**, even walking, can help improve your/your child's energy levels, mood and fitness.
- **Identify the triggers** that negatively impact you/your child and look for ways to reduce or manage them.

Manage your activities

- **Plan ahead.** Break your/your child's tasks into small steps, plan plenty of time to complete tasks and take regular breaks.
- **Be organised.** Check your/your child's daily routine has a balance of work, rest and leisure/play activities.
- **Use technology** to help with as many tasks as possible. Software and apps can help organise your/your child's time, record and store information and communicate with others. Your school might have software that will help.

Manage at school or college

- **Talk with someone at school or college** to discuss how they could help. Most schools, colleges and universities have teams to help students with additional needs.
- **Ensure that you/your child can access all the rooms and facilities**, including places to eat, sports facilities and toilets.
- **Make sure you can use all the equipment** including tables, chairs and computer stations.

Ask for support

- **Ask for a formal assessment.** Having a formal diagnosis can make it easier to get support and resources.
- **Talk with fellow students or parents** to discuss how they can best help and support you/your child.
- **Talk with your local authority.** They will have a service to provide children and young people who have special educational needs or disabilities, and their parents, with information, advice and support.

Occupational therapy

helping people to live, not exist



Occupational therapists provide practical support to help you do the activities that matter to you. They will consider all of your needs – physical, psychological, social and environmental. Their support can make a real difference giving a renewed sense of purpose, opening up new horizons, and changing the way you feel about the future.

Support from an occupational therapist

An occupational therapist will consider your/your child's strengths, abilities and health care needs. They will find out what you/your child want and need to be able to do and then consider if your environment (home, school, college etc.) supports or hinders your/your child's ability to do those things. They can then find ways to make life easier and support you/your child to manage daily tasks and activities.

Arranging to see an occupational therapist

Speak with your GP or a health and social care professional - they might be able to arrange for you to see an occupational therapist. Before you speak with anyone, you might find it helpful to spend some time writing down the things you're worried about or struggle with; it will help you feel more prepared.

If you see an occupational therapist on the NHS, or through education or social services, you will not have to pay. Alternatively, you could consider contacting a local independent occupational therapist who works outside the NHS and social care services. You will need to pay for their services. You, or a friend or carer, can find contact details of independent occupational therapists online at www.rcotss-ip.org.uk/find.

Occupation matters

rcot.co.uk

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