

Occupational therapy home programmes for children with cerebral palsy

Parents and carers leading treatment in the home

Royal College of Occupational Therapists



Specialist Section Children, Young People and Families

About my home programme

What does it help with?

Achieving my goals

Improving my ability to do everyday things

Improving the way my hands and fingers work

How often should I do it?

16-17 minutes a session...

For 18 days a month...

For 8 weeks!

How does it work?

1 Get my team together!

My team is made up of me, my family/carer and my occupational therapist

2 Set my goals with my team

3 Talk to my team about the best activities that will help me achieve my goals, fit with my routine and what is important to me

4 Work with my team to make sure my programme is working well

5 Check what I can do now

Things my family/carer and I can do to help me GROW

