## Occupational therapy home programmes for children with intellectual disability

Parents and carers leading treatment in the home



## Things my family/carer and I can do to help me GROW **About my home programme** What does it help with? How often should I do it? Make sure everyone expects the same Achieving my goals things from 15 minutes a session... the programme Improving my ability Use activities that For 15 days a month... to do everyday things my carers/parents are Make sure that confident and everyone is supporting comfortable with each other in the family at home as much as possible Improving the way my For 20 weeks! hands and fingers work Use my own belongings and items around the house Keep track of what I do How does it work? Set 3–5 goals and that I have the with my family/carer equipment that I need Get my team Set my goals Talk to my Work with together! with my team about the my team to best activities make sure team that will help My team is my Meet with my made up of me achieve my programme occupational therapist me, my goals, fit with is working My family/carer and I Check what to make sure my family/carer my routine well decide what is possible for programme is at the right I can and my and what is us: when, what and how level for me, occupational important do now long for making changes therapist to me where needed