

Occupation-focused interventions based on child/family-chosen goals



Where 'occupation-focused interventions' are those interventions or recommendations that promote young people aged 0-21 years being active in achieving their goals through participating in occupations, activities and tasks.

This intervention can help young people with lots of different conditions including...

Autism

Children with handwriting challenges

Attention Deficit Hyperactivity Disorder

Mental Health

Pre-term and Early Intervention

Idiopathic Arthritis

Cerebral Palsy

Intellectual Disability

Childhood Stroke

Developmental Coordination Disorder

Infants living in social disadvantage

What can this intervention help with?

Mastering basic and complicated everyday activities

Participating in social situations

Participating in school

Improving play and leisure

How long for, how often and over what period of time?



This will be different based on my needs, and the approach taken by the therapist. However! Practice between sessions is key and should happen in my usual places (for example, at home and at school) using my belongings.

Support my success by...

Keeping me active!
Help me do, don't do for me.

Involving my parents.

Making sure the challenge is 'just right' – not too hard, and not too easy.

Making sure the goals are important to me.



Related interventions to enhance my success include those that...

Involve my friends in the classroom.

Include and train up my parents and teachers.

Model play and imitate the way I play.



What is required of my family?

1. A session to agree on our goals
2. Attending 'team-around-the-child' meetings
3. Attending therapist-led session
4. Practice, practice, practice between sessions
5. Completing assessments to see how far I have come



More information can be found online.
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