Occupational therapy home programmes for children with cerebral palsy

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 16–17 minutes a session... things from the programme Improving my ability Use activities that For 18 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 8 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 team make sure that will help My team is my Meet with my made up of me achieve my programme occupational therapist goals, fit with is working me, my My family/carer and I Check what to make sure my family/carer well my routine 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, important occupational do now long for making changes therapist to me where needed