

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?

How often should I do it?

Achieving my goals

16–17 minutes a session...

Improving my ability to do everyday things

For 18 days a month...

Improving the way my hands and fingers work

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

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

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

4 Check what I can do now



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

