

# Occupational therapy home programmes for children with intellectual disability

Parents and carers leading treatment in the home



## 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?

15 minutes a session...

For 15 days a month...

For 20 weeks!

### How does it work?



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

