

Occupational Therapy

Many of our children and young people require the support from an Occupational Therapist to address and overcome physical and/or psychological dysfunction to improve levels of independence. This includes;

- **Self care skills**
 - Washing and dressing
 - Eating
 - Tying shoe laces
- **Productivity skills**
 - Using scissors, pens, pencils and paper
 - Handling objects and toys
 - Managing school work
 - Organising themselves
 - Developing life skills
- **Leisure skills**
 - Playing and socialising
 - Interacting with others
 - Accessing learning and living environments
- **Equipment needs**
 - Receiving orthotics
 - Receiving equipment - adapted seating, pencil grips, adapted cutlery
 - Receiving advice on accessing the community
- We can offer specific approaches such as Sensory Integration Therapy

Therapists are registered with HPC, NAPOT, BAOT

Physiotherapy

Many of our children and young people require support from a Physiotherapist to help maximise their physical, mental and emotional development. Physiotherapists can support young people who have;

- Minor or severe, short or longterm difficulties that can affect a child's ability to move and function.
- Learning Difficulties with motor impairment - e.g. Autism
- Neurological conditions - e.g. Cerebral Palsy, Muscular Dystrophy, Developmental Delay, Acquired Brain Injury.
- Dyspraxia - Developmental Coordination Disorder (DCD) assessment - Dyspraxia support, Dyslexia support, Attention Deficit Disorders ADHD/ADD, Physical impairment, Visual perceptual support
- Poor Balance and Co-ordination
- Respiratory conditions - e.g. Asthma, Cystic Fibrosis.
- Orthopaedic conditions - Acute and long standing, rehabilitation following trauma. e.g. fractures and head injuries, knee pain, back pain.
- Posture and gait problems e.g. Toe walking, Flat feet
- Juvenile Arthritis
- Obesity

Therapists are registered with HPC, APCP, OCPPP

- To help to fully understand which additional therapy services may benefit your child or settings, please call us for a personalised discussion over the telephone 01509 600646 or 07841 197098.
- We are happy for you to ask questions via email if you'd prefer; info@integratedtreatments.co.uk
- If you would like to ask for further information on any of our therapies, use our 'Ask us a question' form on our website www.integratedtreatments.co.uk



INTEGRATED TREATMENT SERVICES



Integrated Treatment Services

The Stables • Brooklyn House • 44 Brook Street
Shephed • Loughborough • Leicestershire LE12 9RG

Tel: 01509 600646

Email: info@integratedtreatments.co.uk

Company No. 6117979

www.integratedtreatments.co.uk

A Complete Therapy Team

We can offer an expanded therapy team

- Creative Expressive Therapies
- Occupational Therapy
- Physiotherapy
- Psychological Services

www.integratedtreatments.co.uk



Sarah Needham runs a local friendly team of private speech and language therapists here at Integrated Treatment Services.

Because our clients have told us that they like to work with a consistent team of therapists to support their family, we can now offer you associated services, which includes;

- Creative Expressive Therapies - music, art, dance/drama
- Physiotherapy
- Occupational Therapy
- Psychological Services

We can provide therapists to support the additional developmental needs of your child; their learning needs, their behavioural needs and their physical/equipment needs.

Our speech and language therapists are familiar with working within this multi-disciplinary team of colleagues, therefore we hope to simplify your experience in working with the team of professionals required to help your child/setting.

Our team of Multi-disciplinary colleagues have a great deal of experience in providing services to children and young people across the Midlands. Many of our Multi-disciplinary colleagues work within the NHS/Local Authority and in Private Practice.

Therapy sessions can be purchased by a family and can take place in the family home, the client's educational setting or in our clinic.

Education and care establishments can contract these services in sessions to take place within the settings. The therapists are happy to joint coach and skill up support staff, so that these sessions can be repeated at different times across the week, to generalise the skills learnt.

Creative Expressive Therapy

Many of our children and young people require support from a Creative Expressive Therapist to help them develop;

- An awareness of self and others
- Creativity
- Relaxation methods
- Anxiety and stress relief
- Confidence
- Self-esteem
- Concentration
- Attention and listening skills
- Communication skills
- Group cohesion
- Social skills
- Building Trust

Our Creative Expressive Therapist utilise an inter modal approach, using expression in general to facilitate clients rather than a specific approach such as music therapy, art therapy or drama therapy alone.

This form of therapy calls upon;

- Art
- Dance/Movement
- Music
- Drama

This form of therapy has provided excellent outcomes for children who experience language and social communication difficulties, including those on the autistic spectrum, following a head injury and those with long term conditions where communication is demanding. It is also highly effective with our adult client group, following an acquired condition such as a stroke or traumatic brain injury.

Psychology Services

Many of our children and young people require;

- support from an Educational Psychologist to help them
 - Achieve their educational potential
 - Access the educational and functional curriculums to the best of their abilities.
 - Understand acceptable ways to present their views, wants and needs, reducing negative behaviour.
 - Understand their strengths and needs in order to achieve their goals.
- support from a Clinical Psychologist to help them;
 - Understand their emotions and how to present them in an acceptable manner to others.
 - Understand root causes for emotions and how to live in acceptance of this.
 - Understand how they present and how this is perceived by others.
 - Acknowledge frustrations, fears and anxieties
- support from a Cognitive Neuro Psychologist to help them;
 - Understand how their brain is functioning and how to use it to the best of their abilities.
 - Understand about fears and anxieties and how to overcome these feelings without aggression.
 - Understand routines and sequences throughout their day and how to organise their lives.