

Who are we?

The Occupational Therapy Service consists of Occupational Therapists (OTs) and Senior Occupational Therapy Assistants (OTAs).

We provide Occupational Therapy support to mainstream and specialist schools and bases, aged 3 to 25 in Primary, Secondary and Post-16 provisions.

As a team, we support children/young people's ability to learn and engage with their education by assessing and understanding their physical, sensory, and emotional and behavioural needs and work in close partnership with schools and parents.



Cognus Therapies

Cognus Occupational Therapy Service (COTS)



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How can children and young people be referred?

Children and young people can be referred to the Occupational Therapy team by the school's Special Educational Needs and Disabilities Coordinator (SENDCo), by their parents / carers, and by the Local Authority (as part of the EHCNA process) if there are concerns about their skills (e.g., gross, fine, sensory) and how that might be impacting upon their ability to access their education.

What do we do?

We support the child/young person's ability to learn and engage with their education by assessing and understanding their physical and sensory needs and work in close partnership with education settings, parents and carers.

We deliver interventions and support the child/young person's access learning, develop independence with functional tasks and learn skills in preparation for adulthood. For example, participation and engagement in lessons, attention, documenting learning, managing belongings, changing for PE, lunchtime and self-care tasks, being a part of and contributing to local communities.

We complete assessments and reports in line with the EHCP annual review cycle and collaborate with a range of professionals. We can provide environmental adaptations to access education and advise on making adjustments to the sensory and physical aspects of the classroom and education environment.

We provide whole school, small group and 1:1 training and coaching to education settings to support the child/young person within the context of the classroom and to enable staff to support the child/young person in working towards their occupational therapy outcomes. We also provide training on specific interventions to support carry over of therapy into the classroom, to help embed new skills.

You can access a range of resources to support children and young people from the Graduated Response for Education Based Therapeutic Support, available from the Cognus Website.



How can you contact us?

If you would like to speak to a member of the COTS or find out more, you can contact us on:

Telephone
020 8323 0450

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Website
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