

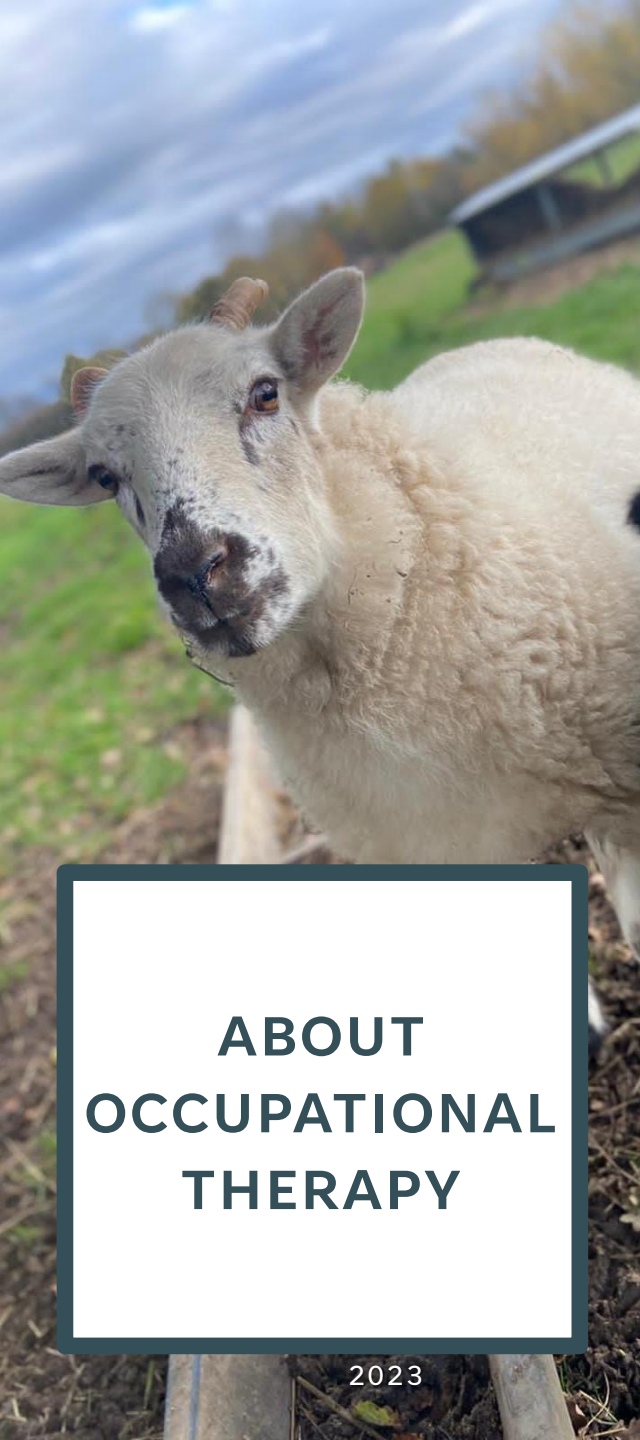


DEDHAM

Therapy Farm

# WHAT IS OCCUPATIONAL THERAPY?

‘It’s not what is the matter **with** you, it’s about what matters **to** you’



## ABOUT OCCUPATIONAL THERAPY

2023

**Occupational therapists (OTs) work in a range of settings, including hospitals, social care and schools.**

Traditionally the word ‘occupation’ is associated with ‘job’. However, in occupational therapy, the word has a much broader context. **‘Occupation’** refers to any **activities** that people do individually, within communities or families that **‘occupy time and bring meaning and purpose to life’ (WFOT, 2012).**

A person may be referred to occupational therapy if they are having difficulty completing the occupations that they **need, want or are expected to do**. An OT will work collaboratively with the person to identify how their **life situation** impacts what they **do** and find ways to **overcome** these obstacles; including challenges as a result of **physical health, the environment, and neurodiversity**.

**Dedham Therapy Farm** is a unique setting that offers a wide range of therapeutic activities within a calming environment. Focusing on improving **social, emotional, cognitive and physical health**; our goal is to enable our farm assistants to take new skills into their own daily lives that promote **independence, health and wellbeing**.



**DEDHAM  
THERAPY  
FARM  
PROCESS**

2023

**1. Referral**



**2. Assessment**



**3. Farm and  
community sessions**



**4. Review**

We accept **self-referrals** and **referrals** from:  
**Family members, schools, social services, SENCO and healthcare professionals.** Just fill in the referral form on our website. Please complete with as much detail as possible (**including any other supporting documents**).  
**\*Please ensure you have secured funding before agreeing to an initial assessment.**

**There are two forms of assessment you can have**  
**Initial Assessment**  
An informal assessment with an Occupational Therapist to ascertain how we can support and to gather information that will inform the therapy we provide. After the initial a short report is given along with an offer for regular farm sessions.  
**Occupational therapy assessment in a non-clinical environment**  
Over a 5-week period an Occupational Therapist, during 1 hour farm sessions, can assess a variety of **areas of functioning** including sensory processing, fine & gross motor and independence skills, attention and behaviour and social participation. At the end of the assessment period, you will receive a report with recommendations that is useable and **able to be understood** by family & school.

**After an initial assessment,** weekly sessions are offered along with a short report. Taking into consideration staff availability, the complexities of the individual's needs and the level of support required. We can only offer sessions once a suitable slot becomes available, this may not be immediately after your assessment. Sessions are offered in **blocks** of between 5 and 7 sessions. These blocks can be booked on an ongoing basis or as a minimum of one block. Sessions are either **one-to-one** or within a **group basis**. One to ones can still work alongside peers where appropriate but will have one to one support ensure this is a positive experience. A **collaborative approach** will be used throughout to ensure views are **respected** and that each session is **meaningful**.

**At the end of each block goals and progress are reviewed, there are 3 possible outcomes:**

- Farm assistant remains with the same goals/level of support
- Farm assistant level of support changes with altered or new goals.
- Farm assistant is discharged and/or referred to other services.



## WHAT AREAS ARE WE LOOKING AT?

Child development refers to the **physical, cognitive, emotional and social growth** that occurs throughout a child and young person's life. Children's **mental health** is affected by this development, as well as a range of other factors, including trauma (NSPCC, 2023).

Dedham Therapy Farm works to address these areas including:

### **SOCIAL**

- Developing positive relationships with others
- Communicating own needs
- Developing a healthy self-image

### **EMOTIONAL**

- Anxiety
- Depression
- Phobias
- Obsessive traits
- Unhealthy relationships with food

### **PHYSICAL**

- Hypermobility
- Difficulty sleeping/tiredness
- Providing opportunities for physical exercise
- Fine/gross motor skills

### **COGNITIVE**

- Hypersensitivity and hyposensitivity
- Executive dysfunction including; impacted problem-solving skills, difficulty speaking, inability to understand the consequences of individual actions.

All of the activities at Dedham Therapy Farm have been selected to improve the wellbeing of our farm assistants. Some examples have been listed below:

## SOCIAL

Group Activities include:

- Dog walking
- Making fires/toasting marshmallows
- Walking the alpacas and donkeys
- Dog/alpaca agility
- Building bug hotels

## PHYSICAL

Proprioceptive activities include:

- Ice smashing
- Transporting loads using a wheelbarrow
- Using watering cans to fill animal drinking bowls
- Poo picking using rakes and shovels

## EMOTIONAL

- Petting and feeding the small animals
- Petting and feeding the dogs
- Animal care (donkey grooming, completing animal health checks)
- Making enrichment boxes for animals to enjoy to encourage a healthy understanding of nutrition

## COGNITIVE

- Animal feeds: use of the farm iPad to find instructions and work through these in the correct order.
- Development of fine/gross motor skills: chopping vegetables, opening/closing taps, using saws and hammers, planting seeds, grooming donkeys

**ACTIVITY  
EXAMPLES**

## Cancellation Policy

- Dedham Therapy Farm CIC **will** credit therapy sessions cancelled by Dedham Therapy Farm CIC no matter the reason.
- Dedham Therapy Farm CIC does **not** issue refunds or credits for non - attendance of Farm Assistants to their session or cancellation of community and farm sessions by the service user no matter the reason.
- Notice to cancel your session must be given in writing, by email to [hello@dedhamtherapyfarm.org.uk](mailto:hello@dedhamtherapyfarm.org.uk).
- Dedham Therapy Farm CIC reserves the right to withdraw therapy sessions at any time.
- Dedham Therapy Farm CIC reserves the right to refuse entry to anyone arriving without appropriate footwear or clothing for their session.
- Should ongoing blocks of sessions be requested by the service user the farm requires 6 weeks' notice to permanently stop or drop a block of sessions.

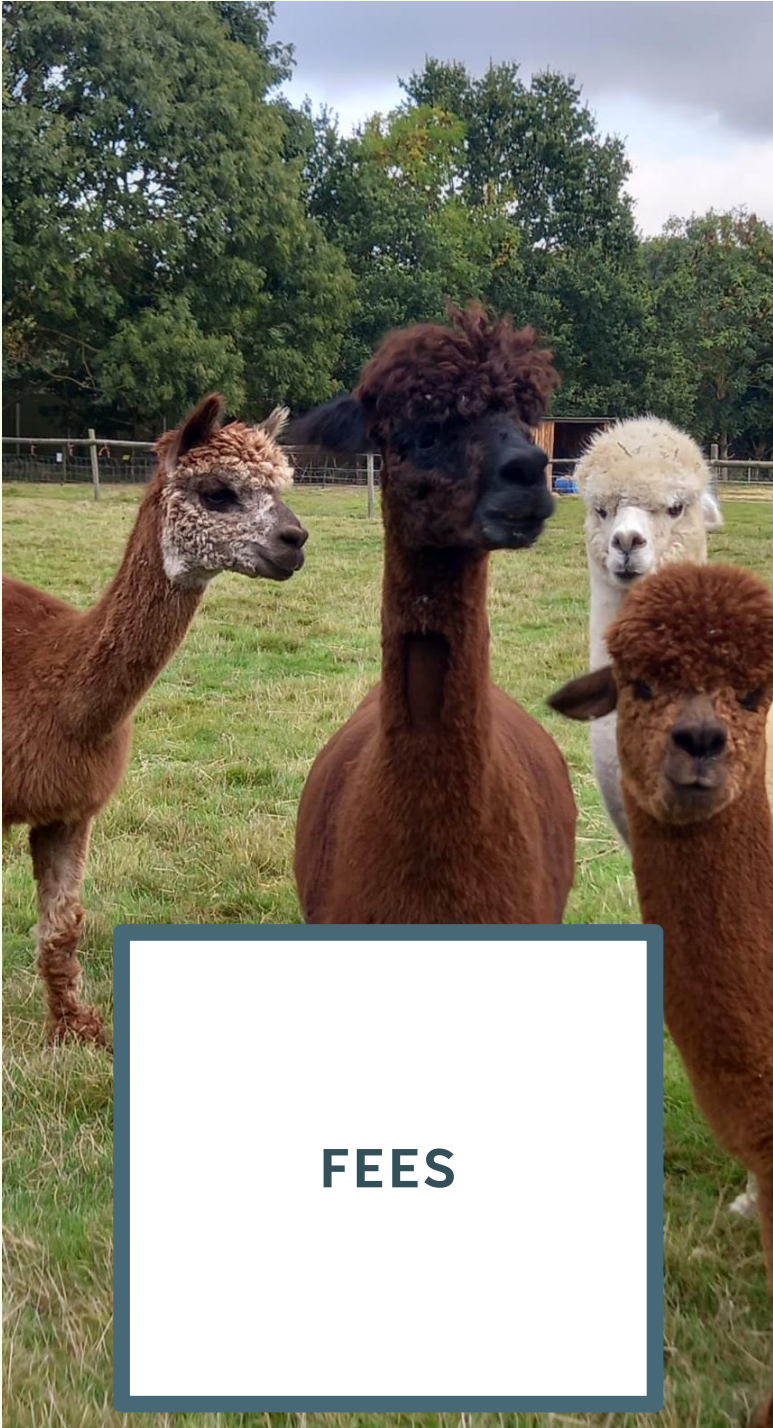
### Payments

- Payments must be cleared in advance of your block of sessions unless otherwise agreed by management.
- All fees are subject to change with a minimum of six weeks' notice.
- We accept payments by BACS cash, cheque or card.

## TERMLY TIMETABLE

Dates	NO. OF WEEKS IN THE BLOCK
01/01/2024 – 18/02/2024	7 Weeks (*Includes BH 01/01/2024)
19/02/2024 – 25/02/2024	Therapist Admin Week
26/02/2024 – 31/03/2024	5 Weeks (*Includes BH 29/03/2024)
01/04/2024 – 07/04/2024	Fixed Holidays (*Includes BH 01/04/2024)
08/04/2024 – 14/04/2024	Therapist Admin Week
15/04/2024 – 26/05/2024	6 Weeks (*Includes BH 06/05/2024)
27/05/2024 – 02/06/2024	Therapist Admin Week (*Includes BH 27/05/2024)
03/06/2024 – 28/07/2024	8 Weeks
29/07/2024 – 04/08/2024	Therapist Admin Week
05/08/2024 – 25/08/2024	3 Weeks
26/08/2024 – 01/09/2024	Fixed Holidays (*Includes BH 26/08/2024)
02/09/2024 – 27/10/2024	8 Weeks
28/10/2024 – 03/11/2024	Therapist Admin Week
04/11/2024 – 22/12/2024	7 Weeks
23/12/2024 – 24/12/2024	Therapist Admin
25/12/2024 – 31/12/2024	Fixed Holiday (*Includes BH 25/12/2024 and 25/12/2024)

<https://www.dedhamtherapyfarm.org/services-2>



## FEES

**\*Fees are the responsibility of the referrer. Please ensure you have secured a suitable funding source at time of referral.**

### ASSESSMENTS

**Initial Assessment - £75**

(Must be completed prior to starting sessions)

**Clinical OT assessment in a non-clinical environment - £845**

(Includes 5 one-hour farm sessions, Sensory processing measure 2, if required and an occupational therapy report that is user friendly with terminology that can be understood by school and home.)

### COMMUNITY

Community 1:1 sessions -£67.73 per hour plus travel expenses (which include therapist time and 0.45p per mile)

Community group booking -£136 per hour plus travel expenses.

### FARM

#### HOURLY FEE

One to one £67.73

Group £31.50

Group booking up to 4 from one setting - £120

### OTHER

Clinical Admin £67.73 per hour

Attendance to meetings - £67.73 per hour plus travel

## CONTACT US

For more information, please contact  
[hello@dedhamtherapyfarm.org](mailto:hello@dedhamtherapyfarm.org) or call  
01206 322 070.

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