



Understanding
your challenges

Supporting
your child
to reach
their
potential.

A tailored
approach to your
child's needs

Self-care, self-
regulation,
concentration, sleep,
feeding and
emotional wellbeing

Daily tasks,
play, and
school
activities

Eve Occupational
Therapy

Helping children
achieve their goals

**Information for
Parents & Carers**

www.eveot.co.uk

About Eve OT

I am a qualified specialist paediatric occupational therapist who has worked in the NHS from 2001 - 2018. I have helped 100s of children with a large variety of needs improve their self-care, academic and life skills. I set up my independent practice because I want to provide the best possible service I can to children and their families.

I've learned a lot over the past 20+ years and it's enabled me to put together comprehensive and personalised packages to support your child and their family. It's really important for me to get to know your family, to understand your challenges and build a relationship with you and your child. Together we can put together a therapy plan to suit your daily life.

Equally important is giving you time - to listen and support you. Caring for a child with difficulties/disabilities is hard, really hard. You give your life to your family and you deserve time and space to be heard. I ensure that my packages are set up in a way that I have time to give you parental support.

When I'm with your child I make sure that it's fun - tailoring it to their interests as well as their needs.

I keep up to date with the latest knowledge and research so that I provide the best options to you and your child. I am accredited by the Feeding Trust as a specialist Feeding Therapist and have trained as a Sleep therapist. I also specialise in working with children with a Cerebral palsy.

I'm registered with the key authorities so you can be reassured that you are in safe hands....



Member of

RCOT Royal College of
Occupational
Therapists

hcpc
registered

ico.
Information Commissioner's Office

DBS (formerly CRB)
CHECKED
Disclosure and Barring Service



How I work

I am here to support you and your child on their journey. My main goal is to help your child learn new skills and to give you the tools you need to help them at home and work with school.

Together, we'll set goals for your child in areas like:

- Daily tasks: Things like getting dressed, using the toilet, eating, sleeping, and getting ready for school.
- Play and free time: Activities like playing with toys or participating in sports.
- Schoolwork: Skills like handwriting, doing homework, managing their energy in class, and being active in school.

My Approach

- I use evidence based methods to help your child.
- We will work together to set goals. My [therapy](#) will be working directly to reach these goals.
- I offer [parent coaching](#) so you feel confident helping your child with daily activities.
- I use an approach called [CO-OP](#). This method helps your child learn to solve their own problems and become more independent.
- I am trained to support parents in sleep and feeding concerns and I am accredited with the Feeding Trust.
- For children with cerebral palsy, I offer specialized programs to improve their motor skills and ability to use both hands.

I look forward to working with you and your child so they can grow more independent and confident.



The Packages

Assessment & Report Packages

Comprehensive Assessment and Report

What is included:

Pre Visit:

- Pre-assessment admin
- Detailed pre-assessment questionnaires for you complete
- A pre-assessment call
- A call or email liaison with your child's SENCO at school

The Assessment:

- Comprehensive assessment at your home (1-2 hours)
- Including use of standardised assessments

The Report:

- Detailed, comprehensive and clear report
- Details of your child's strengths and needs
- Recommendations for further therapy
- Therapy advice you can use with your child
- Recommendations for any small aids/equipment. For example, Pencil grips, cushions, writing slopes, theraputty.
- 30 minute follow up call to discuss the report and recommendations

Follow up support:

- 2 hours of dedicated time for you and/or school (email/phone)

Cost: £750 plus travel costs

"The report was very concise and constructive. Eve gave excellent advice and explanations regarding strategies and had a lovely rapport with my son"

Parent of a teenage boy with DCD



Assessment and mini report

What is included:

Pre visit:

- Pre-assessment admin
- Detailed pre-assessment questionnaires for you complete
- A call or email liaison with your child's SENCO at school

The Assessment:

- Comprehensive assessment at your home (1-2 hours)
- Provide copies of standardised assessments

The Report:

- A paragraph on my assessment findings,
- Recommendations for further therapy input,
- Some home therapy advice to get started

Cost: £400 plus travel cost

EHCP assessment and report

What is included:

Pre visit:

- Pre-assessment admin
- Detailed pre-assessment questionnaires for you complete
- A call or email liaison with your child's SENCO at school

The Assessment:

- 1-2 hour School visit
- Assessment activities and observations
- Includes standardised assessment forms

The Report:

- Detailed, comprehensive and clear report for EHCP application
- Details of your child's strengths and needs
- 30 mins call with parents before submitting report
- Emailing the report to relevant parties

Cost: £900 plus travel costs



Feeding Assessment

What is included:

Pre assessment:

- Pre-assessment admin
- Detailed pre-assessment questionnaires for you complete including a feeding diary and sharing of a mealtime video

The Assessment:

- Parents will need to fill in a long questionnaire, a 5 day diary of baseline diet and share a video of a mealtime.
- I will review the information provided and make a comprehensive assessment of the child's diet, feeding skills, sensory processing and mealtime routines.
- We will meet in person or by video call to discuss the assessment findings and set some goals for therapy.

The Report:

- A detailed, comprehensive and clear report that will include the child's current feeding and eating difficulties including information on Medical, Nutritional, physical and developmental skills and psychosocial factors.
- Details of your child's strengths and needs

Cost: £400 plus travel cost if done in person

Feeding Therapy

I follow a 'Eating as a Learning Framework' formulated by the Feeding Trust. This is a developmental approach to feeding.

Feeding therapy can either take place with the child and the parents face to face or via parent coaching online, see therapy support prices below.

Eating is a developmental process, not a pass-or-fail task; just as children learn to walk, talk, and engage with the world at their own pace, they also learn to eat in different ways and on different timelines, and the Eating as Learning framework recognises that feeding differences are part of each child's unique learning journey.

Sleep assessment

What is included:

Pre visit:

- Pre-assessment admin
- Detailed pre-assessment questionnaires for you complete including a 2 week sleep diary.

The assessment:

- I will then carry out video or in person consultation lasting 90 minutes, to complete the assessment discuss your goals, provide you with some tools to make the first steps to getting more sleep.
- I will complete a comprehensive assessment of the child's current sleep routine and any sleep difficulties.

The report:

- A detailed, comprehensive and clear report will include the child's current sleep routine and difficulties.
- Details of your child's strengths and needs
- A clear sleep programme to follow.

Cost: £400 plus travel cost if done in person

Sleep therapy

For ongoing support you can book further parent coaching calls, these include whatsapp support between sessions.

"I am very pleased with Eve, she is very good, organised, and responsible. I have seen a massive change with my child since Eve started work with her. She is using her right hand more and now gets herself up in the morning, washes and dresses. My child does not miss any sessions with Eve."

Parent of a teenage girl with a hemiplegia

Therapy support

12 week block of weekly therapy sessions

What is included:

- 12 x 1 hour therapy sessions at home and/or school
- Preparation for sessions and any visual resources that your child needs
- Arranging appointments
- Keeping clinical notes
- Email summary of your child's sessions
- Home work activities for you child

Cost: £1,200 plus travel costs.

A payment plan is available

8 week block of weekly therapy sessions

What is included:

- 8 x 1 hour therapy sessions at home and/or school
- Preparation for session and any visual resources that your child needs
- Arranging appointments
- Keeping clinical notes
- Email summary of your child's sessions
- Home work activities for you child

Cost: £800 plus travel costs, a payment plan is available

Parent coaching sessions

What is included:

- Parent questionnaires
- 1 hour session over video call or in person.
- Including any handouts or homework materials
- Email summary of your session.
- WhatsApp support between sessions
- Recommended minimum of 4 sessions

Cost: £150 for 1st session (reduced to £100 if you have purchased an assessment) and then £100 top up.

Post Botox therapy package

What is included:

- Assessment pre Botox
- 2 sessions a week for 10 weeks using evidence based therapy approaches
- Preparation for sessions and any visual resources that your child needs
- Arranging appointments
- Keeping clinical notes
- Email summary of your child's sessions
- Therapy programme
- Review session after 3 months

Cost: £2400 plus travel cost

Add on costs

Paper work completion

I can help with filling in any complex forms or paper work.
This will be charged at £95 per hour.

Travel costs

£40 per hour. Charged in 15 minute blocks (at £10) Plus £0.50p per mile from my home to the meeting postcode



What's next...

If you are interested in working together, here is the process...

1. Decide which package suits you and your family
2. Arrange a chat to see if we are a good fit for each other
3. Complete the contract and sign up paperwork
4. Pay the deposit or 1st payment

A payment plan is available for the the 12 and 8 week block of weekly therapy sessions (Deposit plus monthly payments)

5. We will set our 1st meeting date
6. The Pre-Visit Paperwork will be sent out for you to complete and return

I look forward to supporting you and your family.

[Click here to book a chat](#)



Contact me



07410 897091



eve@eveot.co.uk



www.eveot.co.uk

Eve Ovenden

**Highly Specialist
Independent
Children's Occupational
Therapist**

Contact

- 07410 897091
- eve@eveot.co.uk
- www.eveot.co.uk
- Sheffield, South Yorkshire

Professional Qualifications

Bsc Hons Occupational Therapy
Sheffield Hallam (2001)

Professional Registrations

Health Care Professionals Council
(HCPC) Registration No: OT33276

British Association of Occupational
Therapists (BAOT)
Registration No: BT0220892

Specialisms

- Early intervention, working with children with or without a diagnosis from 0-5 years
- Delivery of therapeutic programmes inc handwriting, visual perception, fine motor and sensory assessments
- Constraint induced and Bimanual therapy for children with Cerebral palsy
- Parental coaching
- Feeding therapy
- Sleep assessment and therapy support
- Children and young adults with complex needs
- Complex Assessments (inc moving and handling equipment, wheelchair accessible vehicles, seating and equipment to aid activities of daily living
- Housing and adaptations assessments

Expertise

I practice and have trained in a wide range of evidenced based approaches including

- Goal directed therapy
- Constraint-Induced Movement Therapy (CIMT)
- Bimanual therapy
- Cognitive Orientation to Occupational Performance (CO-OP)
- Eating as a Learning Framework - Feeding Trust Accredited
- EDS Sleep training for Occupational therapists
- Occupational Performance Coaching (OPC)
- Parental coaching
- Postural management
- Sensory based therapy
- Sensory ladders
- Zones of Regulation
- Lycra

Experience in working with a wide range of conditions including:

- Developmental Delay
- Learning disabilities
- Dyspraxia
- Developmental Coordination Disorder (DCD)
- Sensory processing disorders
- Autism Spectrum Disorder (ASD)
- ARFID
- Paediatric Feeding Disorder
- Guillain Barre Syndrome
- Transverse Myelitis
- Dysgraphia
- Downs syndrome
- Orthopaedic conditions
- Cerebral Palsy
- Spinal Cord injury
- Head injury
- Muscular dystrophies
- Scoliosis
- Achondroplasia
- Osteogenesis Imperfecta
- Congenital blindness
- Chromosome disorders
- Neurofibromatosis
- Arthrogryposis

Experience

2020 - Present	Independent OT	Eve OT
Paediatric assessments and treatments for parents and case managers.		
2018 - 2021	Associate OT	The OT Practice
Case management Paediatric assessments and treatments, Charity Paediatric assessments and Charity Adult assessments		
2018 - 2020	Associate OT	More Rehab
Lead Paediatric OT		
2009 - 2019	Advanced Children's OT	Sheffield Children's Hospital
Assessment & treatment for children aged 4-19 with a physical disability in a mainstream school and conductive education schools. Planned and led groups for children with physical disability, led service developments and supervised lower banded staff		
2003 - 2009	Children's OT	Chesterfield Royal Hospital Foundation Trust
Assessment & treatment for children aged 0-19 with wide range of disabilities, OT to a special school, discharge planning for children in hospital, Developmental Coordination assessment clinic		
2001 - 2003	Rotational Basic Grade OT	Barnsley Hospitals Trust
Elderly rehab, Paediatrics, Orthopaedics and Elderly Mental health		