Occupational Therapy
Outpatient

My Hospital Story

Boston Children's Hospital

October 2022
I’m getting ready for my occupational therapy appointment at Boston Children’s Hospital.
An occupational therapist helps me learn how to move my body so I can do new things.
When we get to the hospital, my caregiver and I will stop and talk with someone. They will give us a mask to wear.
Then we’ll take the Fegan elevators to the 7th floor.
Next, we will walk to the front desk. I’ll get a bracelet with my name on it.
Then we’ll wait until my name is called. I can sit or play quietly while I wait.
When it’s my turn, my occupational therapist will call my name.
Next, we’ll walk to a new room. My therapist will talk about what we are going to do today.
I might play games in the sensory room.

I'll take off my shoes before I go in this room.
I’ll learn how to move my body while playing games.
Next, I might sit at a table and do activities in the evaluation room.
Next, I might go to the gym and move my body. I’ll learn how to keep my body safe while I play.
My therapist will help me and teach me new things.
My therapist will let me know when I’m all done with my appointment.

I did a great job!
Everyone will be so proud of me!
Developed by

Autism Spectrum Center, Occupational Therapy and Child Life Services