

# What to Expect:

## Occupational Therapy

Occupational therapy is the therapeutic use of everyday activities. Occupational therapists help people of all ages be more successful in their daily lives. When working with children, occupational therapy practitioners use playful activities such as games, puzzles, worksheets, obstacle courses, and toys to address functional limitations your child may be experiencing in a variety of settings (school, home, etc.).

### Program Details

#### What can I expect?

- ▶ A comprehensive evaluation with an occupational therapist to determine your child's need for services
- ▶ Your occupational therapist will determine the length, frequency, and duration of service based on your child's age and needs

#### What skill areas does occupational therapy address?

- ▶ Activities of Daily Living (ADLs)
  - Dressing
  - Bathing
  - Toileting
  - Grooming/Hygiene
  - Toothbrushing
  - Sleep
- ▶ Instrumental Activities of Daily Living (IADLs)
  - Money management
  - Meal preparation
  - Medication management
  - Safety maintenance
  - Independent living skills
  - Shopping
- ▶ Social Emotional Skills
  - Regulation
  - Sensory processing
  - Boundaries
  - Behavior management
  - Leisure exploration
  - Sharing and taking turns
  - Emotion identification
- ▶ Motor Skills
  - Coloring/cutting
  - Handwriting
  - Balance
  - Core & upper extremity strength
  - Coordination
- ▶ Executive Functioning Skills
  - Attention
  - Memory
  - Pre-Planning
  - Impulse Control
  - Sequencing