



The Role of The OT

What is OT?

- Occupational Therapy
- Occupation is an activity that is meaningful and practical.
- Think of some 'occupations' you do everyday that are meaningful to you?

What is an OT?

- Whole person approach
- Enables individuals to achieve full potential
- Provide practical support to empower people to facilitate recovery and overcome barriers from preventing them from doing the activities (RCOT, March 2019)
- Work in a variety of settings – both physical and mental health; child/ adult/ older person; community/ clinic/ school/ home/ institutions

The role of the Paediatric OT

- Help children and young people to participate in their daily life.
- Occupations may be in self-care, education/ productive, play
- Some examples: handwriting, self-regulation, PE, typing, dressing,
- Realistic vs fantastical activities

How?

Physical difficulties:

- Adapt the environment
- Modify the activity
- Reduce restrictions
- Think about how the child views the need
- Access the community

How?

Learning Disabilities:

- Work with the child and their family/ support system to participate in everyday activities
- Help them to learn independence skills
- Access the community
- Support to move on in life

The OT provision in The Brook School

- School have funded OT for 1 day per week
- To provide universal approach
- Examples of support: provide sensory strategies, handwriting support, equipment assessment, adapting the environment, positive behaviour strategies, grading activities, messy play activities, self-care development

3 tier system- Universal

- The whole school approach
- Sharing knowledge and skills with staff
- Delivering intervention in classroom setting
- Embedding OT into everyday school activities

3 tier system - Targeted

- Specifically targeting certain groups of children, ie. Seating needs/ posture management, cutlery skills
- Support to adapt specific classroom tasks
- Training/ demonstrating techniques to staff for specific children

3 tiered system – Individual/ Specialist

- 1:1 work with a specific child
- Working with a specific family
- Providing a specific therapy programme at home/ school

References

- March 2019, RCOT, What is Occupational Therapy