

What is Occupational Therapy at KidsAbility?

What is an Occupational Therapist?

Occupational Therapists are university-educated, regulated medical professionals. They help infants, children, and youth with injury, illness, and/or disability to solve problems that get in the way of their daily activities.

What Do Occupational Therapists Do?

Occupational Therapists look at the:

- PERSON (for example, your child's physical skills, cognitive skills, and their development)
- ENVIRONMENT (for example, the physical set-up of their space, their social supports)
- OCCUPATION (for example, the daily activity or task that they need to do or want to do)

What Are Occupations?

Occupational Therapists help people get back to work right? Not entirely! Occupational Therapists help people with their "occupations"- which can be any activity that they need to do or want to do. Listed below are the three main categories of occupations that an Occupational Therapist will look at with your child.

Self-Care	Productivity	Leisure
<ul style="list-style-type: none"> • <i>These are self-help skills that we do daily</i> • Dressing • Feeding • Toileting • Personal hygiene • Sleeping 	<ul style="list-style-type: none"> • <i>These are skills that are important for a child's ability to play and learn</i> • Fine motor skills • Visual motor and visual perceptual skills • Following routines and attending to tasks • Sensory processing and self-regulation 	<ul style="list-style-type: none"> • <i>This refers to a child's ability to play and socialize</i> • How a child is playing with toys • How a child is socializing with others

What Can an Occupational Therapist Do to Help?

- Education and coaching
- Provide activities and exercises that help maintain or improve skills
- Adapt or recommend tools or materials to make the occupation easier
- Change the environment to make the occupation easier
- Connect you with supports in your community

Reference and Additional Information:

[Canadian Association of Occupational Therapists](http://www.caoth.ca/)