



## Children's Therapy and Family Resource Centre

# Occupational Therapy

**WHO?** An Occupational Therapist (OT) is a university-trained professional. He works with people through the whole life cycle, including babies, toddlers, preschoolers, school children, and adults.

**WHAT?** The O.T. tries to help people do their daily "occupations." This includes all the things we do to take care of ourselves, to work, and to play. For a child, some examples of these daily activities would be:

<i>Toileting</i>		<i>Sitting Still</i>		<i>Using toys</i>	
<i>Bathing</i>		<i>School Work</i>		<i>Playing games</i>	
<i>Dressing</i>		<i>Chores</i>		<i>Recreation</i>	
<i>Eating</i>		<i>Life Skills</i>		<i>Pretend play</i>	
<i>Sleeping</i>		<i>Writing</i>		<i>Friendships</i>	
<i>Grooming</i>		<i>Craft Skills</i>		<i>Hobbies</i>	

The Occupational Therapist also looks at some of the reasons why it might be hard for a child to do his "occupations." For example:

<i>Strength</i>		<i>Thinking skills</i>		<i>Attention/Focus</i>	
<i>Balance</i>		<i>Perception</i>		<i>Body awareness</i>	
<i>Coordination</i>		<i>Motivation</i>		<i>Motor planning</i>	
<i>Dexterity</i>		<i>Confidence</i>		<i>Sensory processing</i>	
<i>Sensation</i>		<i>Visual Skills</i>		<i>Concept knowledge</i>	

**WHERE?** An O.T. wants to help a child to function in daily life, including all the places where they live, work, and play. She may work in the school, the daycare, the child's home, or other places in the community.

**WHY?** Occupational Therapists want to help a child to be more independent, to build skills for success, and to increase self-esteem. They also want to help the family to feel more confident in helping their child.

**HOW?** To help the child be more successful, the O.T. might do some of these things:



- ★ Work with the child to develop certain skills (example: cutting skills)
- ★ Make changes to the materials being used (example: larger playing pieces for a game)
- ★ Suggest changes to the surroundings (example: position of the child in the classroom)
- ★ Provide specialized equipment (example: splint, wheelchair, adapted toy)

If you have any questions about Occupational Therapy, or if you would like an O.T. to see your child, please contact us at (250) 371-4100.

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