



# Children's Therapy

& FAMILY RESOURCE  
CENTRE

## Occupational Therapy



### **Kamloops Location**

**801 McGill Road, Kamloops, BC V2C 6R1  
TEL (250) 371-4100 - FAX (250) 371-4120**

### **Merritt Location**

**2187A Coutlee Avenue, Merritt, BC V1K 1A9  
TEL (250) 378-9676 - FAX (250) 378-4015**

**Toll Free: 1-855-370-4100**

**[www.kamloopschildrenstherapy.org](http://www.kamloopschildrenstherapy.org)  
[info@kamloopschildrenstherapy.org](mailto:info@kamloopschildrenstherapy.org)**

## What is occupational therapy?

Occupational therapy focuses on helping people achieve independence in all areas of their lives. A child's main occupation is playing and learning, and occupational therapy can help a child develop skills for play, school performance and activities of daily living.

A pediatric occupational therapist is a health care professional who works with children and their families to help them function successfully in everyday life to the best of their ability.



## **An occupational therapist can help with...**

### **Fine Motor Skills**

Hand function, drawing/writing skills, eye-hand coordination, scissor skills

### **Activities of Daily Living Skills**

Dressing, feeding, bathing, toileting, grooming, sleeping, life skills

### **Play Skills**

Using age-appropriate toys, social interaction, recreation

### **Thinking and Emotional Skills**

Attention and memory, concepts like colours/numbers, problem solving, motivation/confidence

### **Sensory Motor Skills**

Body awareness, sensory processing, motor planning

### **Specialized Equipment**

Adapted toys, wheelchairs, custom seating, home modifications, accessibility

### **Posture Control**

Positioning and posture control to increase function

### **Splinting**

Make splints for neurological or orthopedic conditions to improve function

## Where does the occupational therapist work?

A child does best in his/her natural environment, and we believe that is the best place to receive occupational therapy. This might include the home, daycare, school or other community settings.



## **How does the occupational therapist help the child and family?**

To help the child to feel more successful, the occupational therapist might do some of the following:

- Work with the child and caregiver to develop the child's skills (eg: cutting skills)
- Make changes to the materials being used (eg: larger tabs on a jacket zipper)
- Suggest changes to the surroundings (eg: position of the child in the classroom)
- Suggest a different approach to the activity (eg: break the task down into smaller steps)
- Workshops

Education is a very important part of the therapy process. The occupational therapist will provide the family, caregivers and teachers with the information and tools they need to help the child succeed.

## **Who can refer a child for occupational therapy services?**

Anyone: parents, relatives, doctors & health care professionals, teachers, etc. The parent/legal guardian must be aware and give their consent for the referral.

## **How is a referral made?**

Our referral form is available at the centre or on our website. The completed form can be mailed, faxed or e-mailed to the centre. You can also make a referral by telephone.

## **How much does occupational therapy cost?**

There is no cost to the family. Programs are funded through the Ministry of Children and Family Development and the School Districts in our area.

For referrals or inquires please contact:

**Children's Therapy and  
Family Resource Centre**

*Owned and operated by:  
Thompson Nicola Family Resource Society*

[www.kamloopschildrenstherapy.org](http://www.kamloopschildrenstherapy.org)

[info@kamloopschildrenstherapy.org](mailto:info@kamloopschildrenstherapy.org)



A United Way Agency