

# What is Occupational Therapy?

Occupational Therapy (OT) is a type of health care that helps solve problems with a person's ability to do the things that are important to them - everyday things like:

- Self care - getting dressed, eating, moving around the house,
- Being productive - going to work or school, participating in the community, and
- Leisure activities - sports, gardening, and social activities.



## Executive Function Issues

- Executive skills refer to the brain-based, cognitive processes that help us to regulate our behavior, make decisions, and set and achieve goals. These skills include task initiation and follow through, planning/organization, working memory, performance monitoring, inhibition of impulses, and self-regulation.
- Skill areas an OT may work on:
  - Self-regulation: focusing attention, filtering distractions, controlling impulses, coping and calming skills.
  - Problem solving: goal setting, making a plan and considering possible scenarios, organization, and more.
  - Multitasking: prioritizing, remembering and working with multiple pieces of information.
  - Flexible thinking: switching approach to a task, considering new ideas, making choices and decisions, and more.



# OCCUPATIONAL Therapy



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# What can an OT help with?

- Help children and their families who experience challenges with their daily routines, (self care, feeding, toileting and more.)
- Emotional regulation skills.
- Sensory regulation skills.
- Help to support consistency between school and home.
- Help families access resources in the community.
- Support children and adults experiencing challenges with executive functioning.
- Fine motor skills.



## Motor Participation

**Fine motor skills are the refined movements and actions of the hands, fingers, and wrists that enable precision and dexterity of movement. Fine motor skills can be broken down into different motor components that impact the ability to use the hands in functional tasks and tool use. Examples of activities that use fine motor skills are: hand writing, tying shoes, scissor skills, and dressing.**

## Daily Routines



OTs will take the time to understand what tasks and routines are important for you or your child to learn to complete independently or with support. The OT will decide how best to help you or your child to learn and to improve their ability in everyday routines. These routines could be:

- Morning routines – completing tasks, such as waking up on time, washing, toileting, eating breakfast, brushing teeth, and getting dressed in order to leave the house for the day.
- Transitions – some can struggle with transitions from task to task and from place to place, such as getting into the car.
- Bedtime routines – finding ways to help you or your child become calm and ready for sleep.

An OT will work with you and/or your child to provide tools that will help you to complete daily living tasks independently or work towards completing tasks with less help. There are a number of ways that your OT might work with your child and your family to establish routines and this will be tailored to your needs.