

Occupational Therapy Week



What is Occupational Therapy?

Occupational Therapists take a holistic approach to enabling people to be as independent as possible in their everyday lives.

OT's are Allied Health Professionals (AHP's) who aim to encourage people to participate in **occupations** that they want and need to do on a day-to-day basis.

What do Occupational Therapists do?

OTs work with people across the lifespan – from neo-natal, to young people in schools, all the way to older people.

OTs work in a variety of environments:

- Schools
- Hospitals
- Prisons
- Council/local authority
- Within the community
- Assisted living facilities
- Voluntary organisations

Interventions → anything we do to help people to learn new skills and techniques, or by adapting the task and environment to suit the unique needs of each person

Occupations



✗ Often mistaken as someone's job or line of work

✓ In the world of OT, occupation refers to everything we do – such as sleeping, eating, washing and dressing, studying, playing, and engaging in meaningful activities.



Occupational Therapy in Schools



At Harton Academy, the OT solely works with pupils based within the IRB

- Occupational Therapists can work in both primary and secondary school environments
- Children and young people learn, play, and socialise in school
- For some children these school-based activities present challenges

The Role of an OT in Schools:

School work – Following instructions, working with others, keeping on task, writing, drawing, cutting and pasting, using the computer or playing sports.

Life skills – Putting on and taking off coats or shoes, changing for P.E, eating lunch, managing belongings, time management or organisation.

Break time and play – Joining in games, talking with others and making friends, or using break times to recharge for the rest of the day.

Transitions – Ability to stop one task and start another, moving between classes, or changing settings from primary to secondary school, or transitioning to further and higher education or work.

Click this link to watch a short video on the role of OT in schools:
<https://youtu.be/xpE1bQX65a8>



What skills can we help develop?

- OTs can work alongside teachers to observe students engaging in school activities (in the classroom and at break times)
- To develop fine and gross motor skills which are impacting on learning/participation
- Working alongside students to deal with sensory stimulation and teaching appropriate responses