

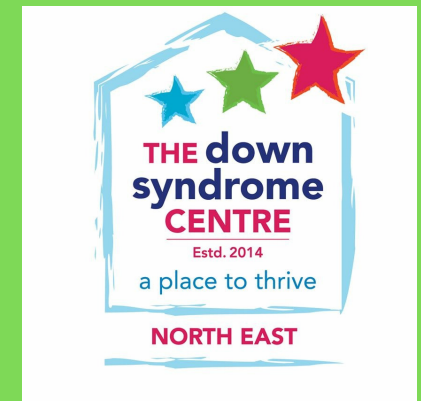


**"A place
to Thrive!"**

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**The Down
Syndrome
Centre
North East**

**Occupational
Therapy**

What is Occupational Therapy?

Occupational Therapy (OT) is concerned with a child's ability to participate in daily life activities or 'occupations'.

"The occupation of children is to thrive"

Children have many important occupations.

Occupation refers to all the tasks or activities that a person either:

- Wants to do (interests, hobbies, play)
- Has to do (e.g. eat, toilet, dress)
 - Is expected to do (reading, writing, academics)

Occupational Therapy aims to help a person achieve success in their life occupations. It focuses on the main occupations of:

- School (e.g. writing, reading, fine motor skills, learning, attention, behaviour)
- Home tasks (e.g. fitting in with family life, homework, getting self ready)
 - Play (e.g. imaginative play, social interaction, gross motor skills)
 - Self-care (e.g. bathing, dressing, eating, cutlery use, organising self)
- Work (preparing a person to be able to effectively engage in education/ workplace)

How Occupational Therapy will help:

The Occupational Therapist will carefully analyse the sensory, physical, cognitive and behavioural aspects causing the child to have difficulties in his/her life occupations.

Intervention is then targeted at the weak areas to improve the underlying skills. Intervention looks at a combination of:
Education of families and child regarding the reasons for the difficulties.

Environmental modification where appropriate to help ensure that the child has the "just right" level of challenge to enable success.

Remediation of the underlying skills through clinic treatment and/ or home and school programming.