Speech Ease

What Does an Occupational Therapist Do?

What is an Occupation Therapist (OT)?

- Helps clients to achieve goals to improve on their ability to perform everyday tasks related to their "occupations"
- E.g., a child may have sensory regulation needs in order to learn in childcare or kinder
- A child is required to have a level of fine motor skills in order to hold a pencil when they are at school

Areas Ot's can support:

- Sensory regulation
- Fine motor skills
- Toileting
- Feeding
- Emotional regulation
- Balance
- Handwriting

OT's may be involved in:

- Assessing a child's physical, sensory regulation and emotional abilities to determine their strengths and barriers to adequately perform their tasks.
- Providing therapy and strategies to improve a child's fine motor skills, coordination, balance, strength and sensory and emotional regulation skills.
- Collaborating with other healthcare professionals such as speech therapists and psychologists to provide holistic care to clients.
- Educating and supporting parents, caregivers and other educators to help them better understand the child's needs in order for them to perform their everyday tasks and how to provide appropriate support.

To look for an OT, visit:

SpeechEase SPEECH PATHOLOGY

Locations: Williams Landing & North Melbourne | **Instagram:** @speecheasesp_melbourne | **Facebook:** @speecheasesp | TikTok: @speechease