

Occupational Therapy as part of every day life

Virgin Care

AIMS

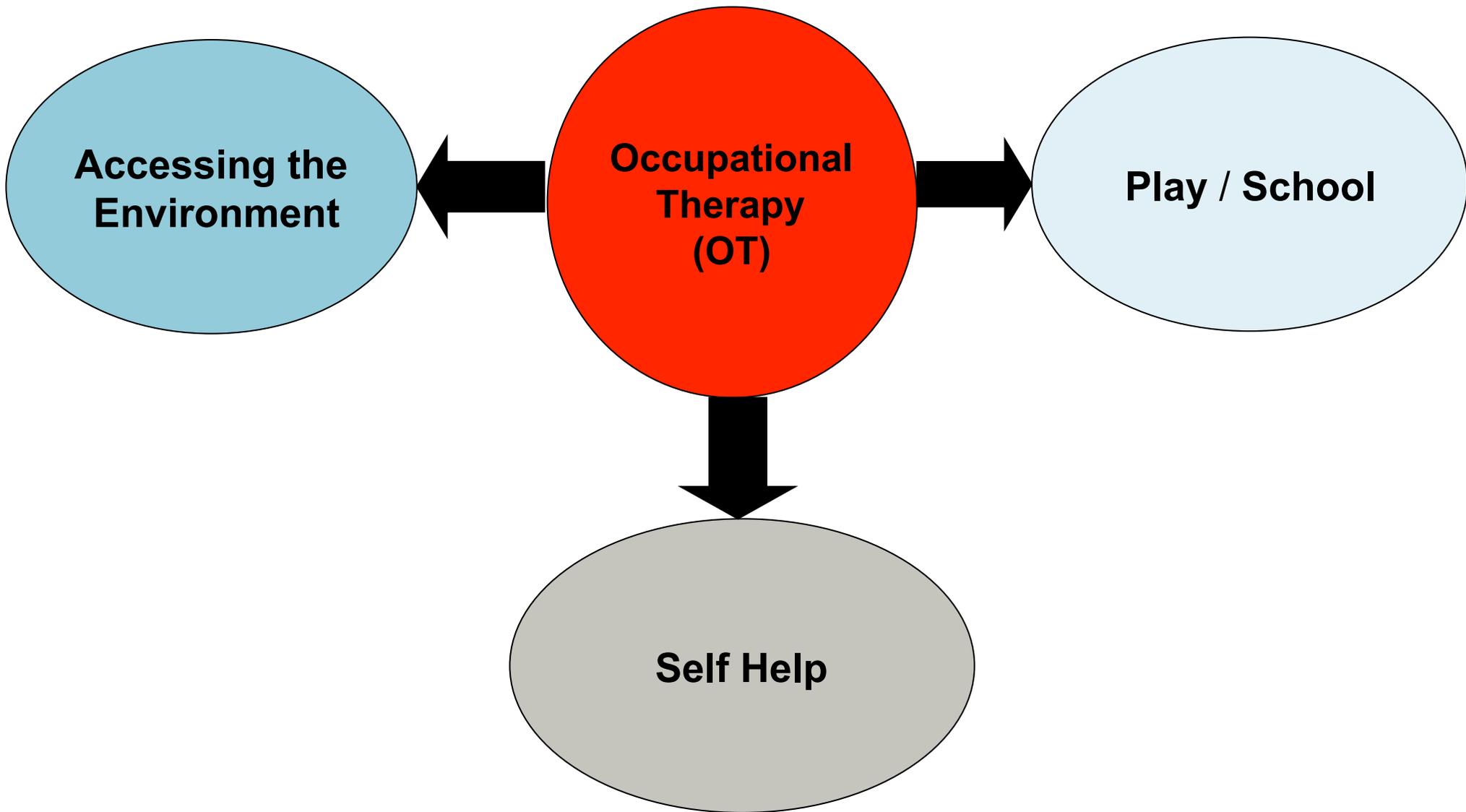
- To have a shared understanding of what Occupational Therapy is
- To be able to identify what you do already that supports your child's functional performance
- To identify how Occupational Therapy fits into everyday life

“Occupational Therapists assess and treat people using purposeful activity to prevent disability and develop independent function.”

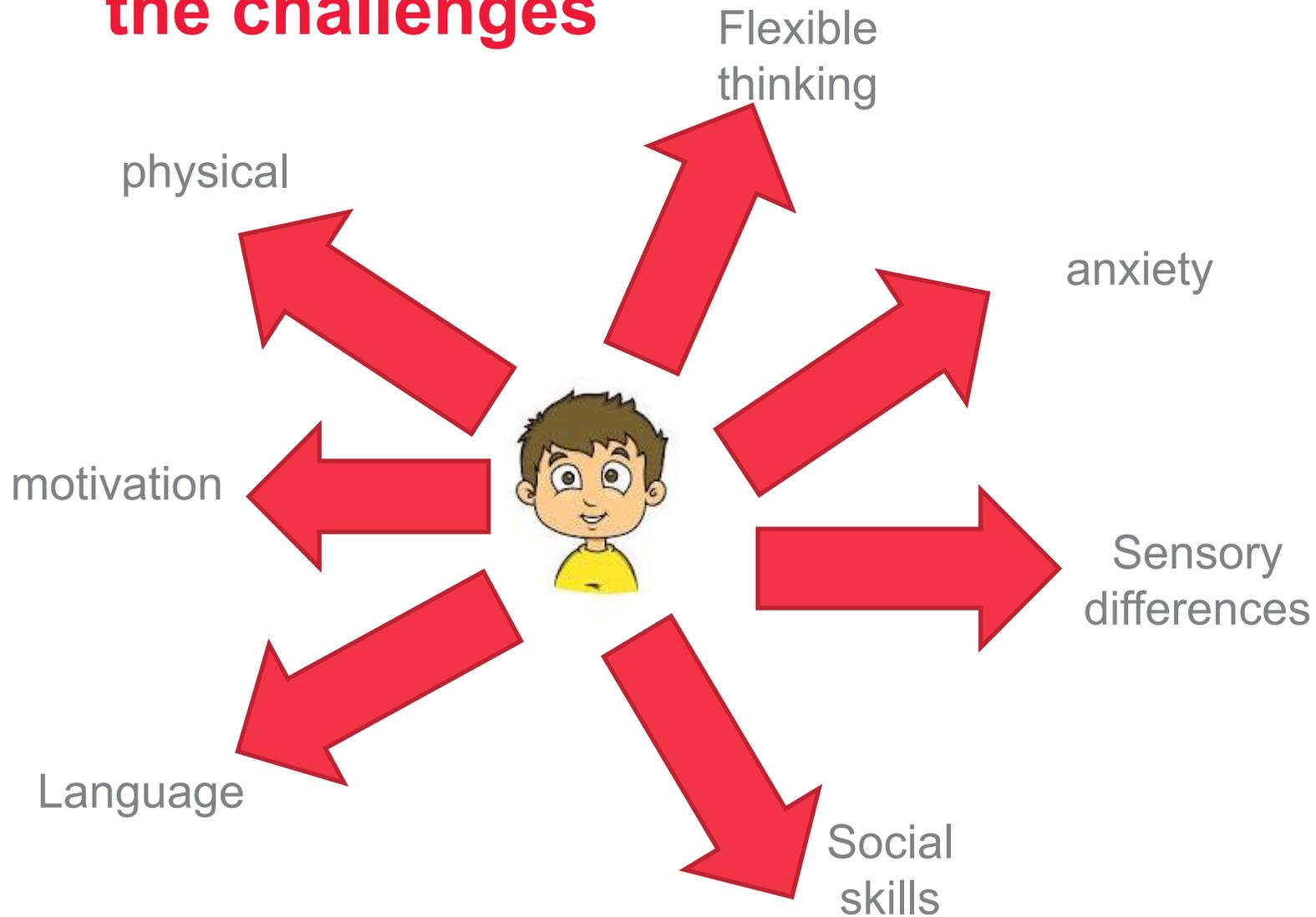
BAOT (1989)



What is OT?



Everyday functional performance - What are the challenges



Everyday functional tasks

- **Get up and ready for nursery / school -**
includes washing, cleaning teeth, undressing and dressing, having breakfast (making a drink, pouring cereal and milk, spreading butter on toast, eating breakfast), packing school bag leaving house on time
- **Take part in school activities -**
includes assembly, sitting for carpet time, participating in learning activities, taking part in PE, taking part in playtime,
- **Going home –**
collecting belongings, putting on coat, lining up,
- **Taking part in play activities**
- **Getting ready for bed**



Let's break it down

Functional performance : Getting ready for bed

Tasks:

- Cleaning teeth
- washing face
- going to the toilet
- Undressing
- dressing

Skills: vast number.....



breaking tasks down

Skills: vast number.....

Teeth Cleaning:

- Standing at the sink
- Identifying the cold tap
- Turning taps on and off
- Finding the tooth brush – locating by identifying ie colour, shape
- Removing and doing up the toothpaste cap
- Squeezing the tube
- Holding the toothbrush stable
- Brushing teeth – locating mouth, maintaining arm flexion, strength and endurance
- Tolerating the toothbrush in the mouth
- Length of time to brush for, time awareness
- Sequencing the task in the correct order

Achieving Functional Performance

Practice the task  **Achieve the task**

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Functional Performance

Achieving Functional Performance

Functional Performance : Dressing for school

Task : Pulling up trousers

Practice will involve : pulling up trousers, using short comments of the actions (pull), hand over hand guidance may be needed first, visual sequences, reducing distractions, backward chaining (breaking task down)

Occupational Therapy into everyday life

Daily living skills

Dressing : reduce distractions, use sequence pictures, lay clothes out in the order of putting on, use backward chaining

Eating : ensure feet are supported when sitting at the dining table, eat together, offer new foods on a separate plate near your child, involve your child in cooking (this maybe watching, mixing, handing you ingredients), reduce distractions, keep eating relaxed with praise for good eating.

Taking part in play / learning activities : include your child's interests i.e. drawing in a Thomas Tank colouring book, go large with mark making (roll of wall paper on the floor / patio), include different textures (finger paints, flour) start with dry messy play and move onto wetter stickier textures gradually.

Daily living skills

Use visual strengths

Back up the spoken word:

- Signs and symbols including PECS
- Plans & lists
- Model a task before you ask them to do it

Point out cues and teach with prompts

- Cues occur naturally (bell ringing at lunchtime, green man at a pedestrian crossing, whole class sitting down quietly and looking at the teacher)
- Prompts are things that we add in (saying “go and get your lunch box”, holding your child’s hand and then saying “time to cross the road” as you pull them into the road, looking expectantly with a finger on your lips and hand cupping your ear
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Getting it right

High

Just right

Low

Sensory management

- **Chill out / calm down time after school / after an outing. A den / pop up tent with pillows can be beneficial.**
- **Be aware of the amount of sensory information an activity involves and how your child experiences this**
- **If your child is becoming over active / high reduce language, voice level and tone.**
- **Give a warning if your child finds touch difficult – this can be for hair brushing, giving a hug, teeth brushing lighter touch is more irritating than consistent firmer touch**
- **Include calming activities as part of your routine : drink from a sports bottle, wear a rucksack with a 'heavy' book in, give firm hugs, jump on a trampoline, lay on tummy over small gym ball/ beach ball rock slowly, squeeze a squashy ball**

Discussion