

Occupational Therapy at Kids Plus

An Occupational Therapist at Kids Plus can help your child develop their independence skills and to participate more fully in the things they want and need to do at home, kinder/school and out in the community, through the therapeutic use of everyday activities (occupations).

Occupational therapy incorporates the assessment, treatment and management of postural control, functional hand use, play skills, sensory processing skills, functional vision and visual perceptual, and self-care skills.

Assessment and treatment at Kids Plus can include:

- Hand Function and tool use: Supporting the developing of fine motor and hand skills necessary for kinder/school such as drawing/writing, cutting, typing and using technology such as switches and computer use to record ideas.
- Play Skills and Leisure Activities: Participating in recreation and leisure activities in the home, school and community environments.
- Vision: Functional vision and visual perceptual skills, which impact on a child's ability to safely mobilise through various environments, and to be independent with self-care activities.
- Sensory Processing Skills: The ability to register and process a range of sensory inputs, enabling functional participation. For example, some children may be sensitive to certain inputs (not wanting to participate in sand/water play), and others may seek additional input (excessive movement).
- Self-care Skills: Daily living tasks including dressing (buttons, zippers, shoes and clothing), self-feeding (finger feeding and use of utensils), toileting, bathing and grooming activities (showering, teeth brushing, hair brushing), as well as getting to and staying asleep.
- Assessment and prescription of any adaptive equipment or home modifications to increase your child's independence and ability to participate

Occupational therapy input typically includes an individualized assessment, during which the child, family and occupational therapist determine the child's goals, customise intervention to improve the child's ability to perform daily activities and reach the goals, as well as outcome measurement and evaluation to ensure that the goals are being met.

Occupational Therapists at Kids Plus will use formal assessments and informal observation of skills, and task analysis. Occupational therapy services may also include evaluations of the child's home and other environments (e.g. kinder, school), recommendations for adaptive equipment and training in its use, and guidance and education for family members and caregivers.