

What is OT?

The main goal of Occupational Therapy is to enable individuals to participate fully in the activities of everyday life, relevant to their life-stage.

Paediatric Occupational Therapists help children develop skills and independence in the areas of self-care, school and play. These are seen as a child's main areas of occupation.

The practice offers therapy and assessment for children aged 0-16 years, and young people aged 16-19. We specifically assess:

- **Fine Motor skills** – including assessment of hand function, finger strength and reflex development.
- **Handwriting**– this skill involves the use of motor control, visual motor integration and visual perception. It involves interpreting what we see and visualise into written form, underlying difficulties may be observed through: slouched posture, poor pencil grip, poor paper position or stabilisation, line use, spacing, letter formation as well as underlying motor skill difficulties.
- **Gross Motor Skills**- This looks at basic motor ability (ball skills, balance, postural tone, range of movement) and how it influences everyday functional tasks including fine motor skills and handwriting.
- **Sensory processing**- vision, hearing, touch, taste and smell, as well as our internal senses: proprioception (awareness of our bodies in space) and vestibular (our sense of movement) processing can be observed through fidgeting in chairs, playing with objects, becoming over-excitable from movement, avoiding touch, difficulty concentrating and assessment of sensory function
- **Organisational skills**- including planning, problem solving and memory.
- **Visual Perceptual skills**- this refers to the ability to recognise, differentiate and attach meaning to information we see from our environment
- **Cognitive skills**- (attention and concentration) including: sequencing, memory and problem solving.
- **Neuromuscular development**- this looks at a child's postural and ocular (eye) reactions, muscle tone and balance skills.