



OCCUPATIONAL THERAPY

Hello and welcome to Easterseals!

We wanted to take a moment to give a brief overview about Occupational Therapy here at the Easterseals' Approved Private School.

What is Occupational Therapy (OT)?

- Occupational Therapy helps people across the lifespan to do the things they want and need to do through the therapeutic use of daily activities.
- Occupational Therapy practitioners have a holistic perspective, in which the focus is on adapting the environment and/or task to fit the person.

What does an Occupational Therapist do with children?

Young children with multiple disabilities have unique needs and challenges. Many of these young children struggle to freely move their body to access and engage their world.

- Occupational Therapy can help children with coordination, focus and organizational skills.
- Occupational Therapists can help kids with certain learning and attention issues do the activities of daily living they struggle to do.
- A collaborative team model has been promoted as a recommended practice in early childhood special education. Each team member brings a unique set of skills and experiences to the team relationship.

How does Occupational Therapy work at the Approved Private School?

We provide Occupational Therapy support for children with a variety of needs both inside the classroom, during pullout sessions, in small groups, and individual sessions.

Through the framework of an IEP, we work on a variety of goals including self-care as it relates to the classroom environment. For example: working towards independence in feeding, dressing routines (jackets, shoes, managing clothing for toileting, arrival and departure routines); improving use of hands to be able to operate classroom tools and

learn through play with manipulative type toys, as well as build their coping skills and ability to attend to get the most out of their educational environment.

As with most therapy approaches, Occupational Therapy uses play based activities as well as working within the class routines to make the learning fun and more meaningful.

We consult with families, school and classroom staff so children can have opportunities to practice skills, as well as use a consistent approach across the team for how to cue/assist the child to be actively engaged in all classroom activities. Consistency and repetition are key for learning.

How to contact the department

If you have a question please do not hesitate to reach out to Anna Lassman, OTR/L, Occupational Therapy Supervisor at alassman@easterseals-sepa.org or your classroom team OT for more specific questions about your child's OT services.

Your team OT will contact you either by phone or with a note to introduce themselves and give you the best way to contact them. **The OT office extension is 6105.**

We look forward to getting to know you and your family!