OCCUPATIONAL THERAPY
Living Life To Its Fullest®

www.AOTA.org

She was better, but she couldn't play like this until she had OT.

From bouncing back after injury or surgery to managing the challenges of autism, ADHD, childhood obesity, and other conditions, occupational therapy practitioners can provide customized strategies that help your patients get in the game.

Occupational Therapy:

Provides Early Intervention Services

- Develops physical abilities like sitting independently, crawling, and dressing
- Builds social skills like sharing, taking turns, and coping with disappointment
- Helps develop creativity and imagination through toys and play

Facilitates Success in School

Customizes strategies that address the full breadth of school activities, including:

- Paying attention in class
- Completing schoolwork
- Riding the bus
- Eating with friends in the cafeteria
- Behaving appropriately

Promotes Healthy Lifestyles

Works with schools, camps, and individual families by:

- Developing summer/after-school programs focused on healthy lifestyles
- Organizing fun physical activities for children of all abilities
- Strengthening social skills for participants

Addresses Physical, Developmental, & Cognitive Disabilities

Creates individualized intervention plans that include:

- Modifying environments
- Providing adaptive equipment
- Creating options for play
- Addressing social skills

Alleviates Sensory Challenges

- Identifies and reduces sensory triggers
- Teaches self-regulation skills
- Teaches how to transition between activities
- Works with the entire family to increase understanding and enhance relationships

Help your patients live life to its fullest by referring them to occupational therapy.

Occupational therapy practitioners work with children of all abilities, from birth through young adulthood, to support health, well-being, and development.

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