



Occupational Therapy Services at School

School-age children can receive occupational therapy services to help them do all the everyday activities they need to do as students.

Occupational therapy services are provided wherever students need support, such as classrooms, hallways, cafeterias, bathrooms, gymnasiums, playgrounds, and buses.

Occupational therapy practitioners can also collaborate with school staff to address the needs of all students.

Occupational therapy practitioners work with students to help them:

- Focus, pay attention, and remember information
- Use thinking strategies to complete assignments and turn work in on time
- Transition between activities and places
- Use school supplies and materials (e.g., pencils, crayons, scissors, calculators, computers)
- Follow classroom rules and routines
- Interact with classmates and teachers
- Manage stress, behavior, and emotions
- Play on the playground
- Eat lunch in the cafeteria
- Organize desks and lockers
- Use adaptive equipment, assistive technology, and mobility devices
- Ride the bus and learn pre-driving skills
- Advocate for themselves and plan for the future
- Develop work skills

What You Can Do



Ask yourself if your child needs help with school activities



Ask your child's school about occupational therapy services

Reference: Cahill, S.M., & Beisbier, S. (2020). Occupational therapy practice guidelines for children and youth ages 5-21 years. *American Journal of Occupational Therapy*, 74(4), 7404397010p1-7404397010p48.
<https://doi.org/10.5014/ajot.2020.744001>