

Occupational Therapy assessment and intervention include:

- Sensory processing and modulation assessment
- Fine and gross motor co-ordination assessment
- Visual perception assessment
- Cognitive assessment
- Neuro-developmental assessment
- Occupational Therapy treatment and interventions
- Detailed reports and recommendations
- Training for whanau, staff and others
- Supervision and support for staff

### Prices:

Individual OT assessment and intervention	\$120 per hour
Training and staff development	\$120 per person per training
Professional supervision	\$100 per hour
Moving and handling	- see separate sheet for options

All costs are exclusive of GST. GST of 15% will be added.

# Occupational Therapists: What Do They Do?

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## **When kids show delays in developing skills, OTs are often the first called in.**

Occupational therapy, known as OT, is designed to help children and adults acquire (or regain) the skills needed to perform the activities—or “occupations”—of daily life. “It’s a huge field,” says Lindsey Biel, an OT specializing in pediatrics and coauthor with Nancy Peske of *“Raising a Sensory Smart Child”*. When a child shows delays in mastering typical activities, or displays unusual or disruptive behavior, the OT is often the first professional to work with her.

## **What are sensory processing issues?**

When it comes to attention, arousal level, and sensory and processing skills, the work OTs do is based on theories presented by occupational therapist Dr. A. Jean Ayres back in the 1970s. She posited that children and adults with sensory processing issues can’t synthesize all the information streaming in from the traditional five senses—touch, hearing, taste, smell and sight—as well as two “internal” senses, body awareness (proprioception) and movement (vestibular). Proprioception allows for motor control and posture, while vestibular receptors tell the brain where the body is in space, which links directly to balance and coordination. (Peske has made a short, fun video that introduces these seven senses.)

Children who have trouble modulating sensory input may experience over-sensitivity (hypersensitivity), under-sensitivity (hyposensitivity) or both to an impairing or overwhelming degree, at school, at home and in the world at large.

An extremely hypersensitive child tends to be withdrawn; because she’s easily overwhelmed by auditory and visual stimuli, she may want to avoid gym, recess and lunch. The buzz of fluorescent lights and anxiety about the loud fire alarm going off may distract her, making it difficult to pay attention and participate in class.

Meanwhile, those who are under-sensitive crave input. In the classroom, that translates into “disruptive” sensory seekers, since they want to keep moving, touching everything, and even tripping or crashing into other kids. It’s easy to see why this type of behavior leads to a diagnosis of ADHD, which the child may or may not have.