

Visual Perception

Visual perception is the ability to interpret information gathered through the eyes.

Occupational therapists consider how the visual system takes in information, organises it and uses it to complete tasks. Children who are experiencing difficulties with visual perception may encounter difficulties:

- ⇒ reading, spelling and writing
- ⇒ copying from the board
- ⇒ with hand-eye co-ordination
- ⇒ finding things in a busy background e.g. cluttered drawer or school bag.



Sensory Processing

Sensory processing is the way that a person perceives, interprets and responds to sensory information from within their body and from their external environment. Sensory processing difficulties can disrupt a child's participation in everyday activities and routines. Some of the behaviours that a child experiencing difficulties processing sensory information may demonstrate include:

- ⇒ heightened response to touch, movement, taste, smell, light or sound
- ⇒ unpredictable behaviour when overwhelmed by sensory inputs
- ⇒ rigid routines or becoming upset by changes to plans
- ⇒ enjoys rough play e.g. tackling other children
- ⇒ poor attention or easily distracted
- ⇒ clumsiness, awkwardness or being accident prone
- ⇒ not responding when spoken to
- ⇒ being 'on the go'
- ⇒ touching things constantly



Our Services

Assessment

- ★ Comprehensive assessments and reports exploring gross motor, fine motor, handwriting, self care, visual perceptual skills, sensory processing, academic and thinking skills
- ★ Screening assessments
- ★ Assessments and reports to support special provisions applications for exams

Intervention

- ★ Individual and group therapy sessions aimed at developing skills and meeting goals set to address needs identified through assessment

Consultation

- ★ Providing information through seminars and presentations
- ★ Discuss general strategies to assist with individual children's participation at home and in the classroom



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Occupational Therapy Services for Children



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What is an Occupational Therapist?

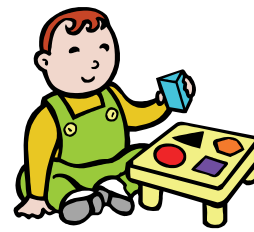
An occupational therapist (OT) is a health professional trained to address **environmental, social** and **psychological** factors that impact on a person's participation in everyday activities in order to promote **function** and enable **independence**.

Occupational Therapy for Children

Occupational therapists work with children who have learning difficulties, delays and disabilities. They use meaningful activity and play to facilitate development and promote age appropriate skills, to encourage and assist in engagement in everyday activities at home, school and in the community.



How can Occupational Therapy help my child?



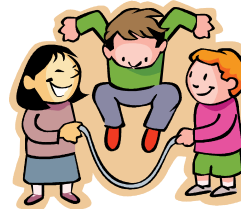
Occupational Therapy can help your child to develop a range of skills, such as:

- ⇒ **Gross Motor Movement**
- ⇒ **Fine Motor Control**
- ⇒ **Handwriting**
- ⇒ **Self Care Skills**
- ⇒ **Visual Perception**
- ⇒ **Sensory Processing**

Gross Motor Movement

Gross motor skills involve the use of large muscles in the body which enable activities such as walking, skipping and reaching. Children with gross motor difficulties may demonstrate:

- ⇒ poor posture
- ⇒ poor body awareness e.g. clumsiness
- ⇒ difficulty jumping, hopping or skipping



Fine Motor Control

Fine motor skills use the small muscles of the body, primarily within the hand. Fine motor skills involve control, dexterity and strength. Children with fine motor difficulties may demonstrate:

- ⇒ difficulty doing up buttons or zippers
- ⇒ inefficient pencil grip or handwriting skills
- ⇒ avoidance of fine motor activities
- ⇒ difficulty coordinating scissor use
- ⇒ difficulty manipulating small objects e.g. coins or beads

Handwriting

Occupational therapists look at both the mechanisms of handwriting and the written output. Children experiencing handwriting difficulties may:

- ⇒ use an uncomfortable pencil grip
- ⇒ form letters incorrectly
- ⇒ reverse letters or numbers
- ⇒ use poor spatial organization for written work
- ⇒ have a slow writing speed
- ⇒ demonstrate poor legibility of written work



Self Care Skills

Self care skills refers to the ability to perform tasks such as dressing in order to look after oneself. Children who experience difficulty with self care skills may have :

- ⇒ trouble getting dressed
- ⇒ difficulty tying shoelaces
- ⇒ difficulty using cutlery
- ⇒ difficulty with toilet training
- ⇒ aversions to bathing, grooming or tooth brushing

