

Occupational Therapist: Factsheet for carers



Government
of South Australia

Department for
Child Protection

Information for carers about the type of services that an Occupational Therapist can provide to support children and young people.

Occupational Therapists (OTs) are allied health professionals who support participation in activities that are essential for everyday living.

Occupational Therapists

- Guide carers in supporting children to develop everyday living skills e.g. self-feeding, going to the toilet, bathing, and getting dressed.
- Prescribe and support the use of technology or equipment to help children undertake activities they want and need to do.
- Support children to regulate their responses to internal feelings as well as their sensory environment e.g. to sounds, smells, tastes, and textures.

How do OTs support young children?

- Assisting a child's development of movement and hand-eye coordination e.g. holding toys, building with blocks, using a crayon.
- Supporting their development of play skills and social skills.
- Improving a child to look after themselves e.g. feed themselves, go to the toilet, get dressed, wash, clean their teeth and sleep through the night.

- Supporting a child's participation in activities at home, preschool and school and leisure activities.
- Supporting carers to understand how they can assist the child's emotional development and regulation.

How do OTs support young people?

- Prescribe equipment or technology to support the young person's independence.
- Supporting attainment of emotional regulation and coping skills.
- Providing strategies to support sensory regulation e.g. reducing noise levels.
- Focusing on the skills that will assist young people to develop independence as they move towards adulthood.

What can you do?

Contact your DCP case worker and or child's therapist/s about being an integral part of the therapeutic support provided to your child.

Ask how you can support your child's therapy goals in the home environment.

Where can I learn more?

Please visit the DCP carers website for more information in supporting children and young people in care

<https://bit.ly/dcp-disability-development> or by scanning the below QR code:

