

Occupational Therapy

What is Occupational Therapy (OT)?

Occupational therapy is a profession that helps individuals across the lifespan to participate in meaningful tasks through the therapeutic use of daily activities (occupations).

Occupational therapy practitioners enable people of all ages to live life to its fullest by helping them promote health and prevent—or live better with—injury, illness, or disability.

Occupational therapy provision typically includes:

- Evaluation
- Goal Setting
- Intervention/Treatment
- Outcome Measurements
- Discharge Plan

It is an evidence-based practice deeply rooted in science within the healthcare and educational fields.

Occupational therapy practitioners promote independence with a holistic perspective. Within the school setting, OT focuses on staff training, adaptations, and modifying the learning environment in order to build foundational skills. Using a collaborative approach with the student, family, and teaching staff, OT is designed to support student success in the educational setting.

Derived from: <https://www.aota.org>. Visit for more information.

Who is the Occupational Therapist Serving Your Student?



Malissa Roberts MS, OTR/L

Education:

- Bachelor of Science Degree in Biology from the University of Wisconsin-Madison
- Master of Science Degree in Occupational Therapy from the University of Wisconsin-Madison

Additional Experience:

Pediatric outpatient clinic and older adult settings

Professional Interests: Children with autism—Research presenter at AOTA National Conference Chicago 2015:
Parent's Definition of Food Selectivity in Children with ASD

Hobbies: Outdoor activities and sports such as boating, disc golf, ultimate frisbee, and basketball

Examples of OT School Based Areas of Interest:

- Fine Motor Skills
- Hand Eye Coordination
- Handwriting Skills
- Self Help Skills
- Sensory Regulation

Looking for Skill Building Activities to do at Home?

Therapystreetforkids.com

This website has a lot of great ideas of and is free to view!