



How can I benefit from OT?

## Succeed at School

There are many ways your OT can help you or your child succeed in school. Working with you, teachers and school administrators, your OT will assess performance on activities such as handwriting, organization, gym and sports activities, and social activities. Your OT will also look at other factors that can affect class participation, including fine and gross motor skills, visual motor and perceptual skills, and sensory processing.

Depending on your situation and needs, your OT can help:

### Develop school skills

This could include a program for developing printing or cursive handwriting skills, building arm and hand strength and skills, learning to dress with modified clothing, gym activities to develop coordination, and activities to enhance organization skills. OT interventions can also help kids develop social skills, learn to understand how they can relate to others, and cope with stress or pressure.

### Modify and adapt school tasks

OTs have expertise in task analysis and can work with the student and school team to identify where challenges occur in day-to-day activities. Adaptations and modifications can involve simplified worksheets, lines added to provide a visual guide, reduced classroom work, increased time for completing work, scheduled breaks, extra time to get ready for recess, or pre-teaching of gym skills to improve coordination.

*“So many good things have come from him having an Individual Education Plan. Thank you so much for helping my son.”*

Mother of 8-year-old James

### Adapt the environment

An OT may make recommendations to modify the school environment to help a student participate more fully. This may include attention to desk and chair set-up, accessibility of the playground, bathroom or gym, or classroom set up to minimize distraction. This could also be something as simple as modification to everyday items in the classroom, such as the student’s pencil or keyboard.

### Integrate assistive technology into learning

When an OT determines that a student with physical or learning challenges needs assistive technology to participate in class, they can recommend the appropriate hardware, software or other equipment required.

**To learn more about how you can benefit from OT, contact us or visit [OTOntario.ca](http://OTOntario.ca)**