

What is Occupational Therapy?

In schools, occupational therapists use their expertise to help children be prepared for important learning and school-related activities and to fulfill their role as students. OTs support academic and non-academic outcomes including social skills, math, reading, writing, recreation, sports participation, self-help skills, prevocational/vocational participation, etc. They facilitate access to curricular activities for all students through supports, design planning, and by:

- Observing a student engaging in an activity and providing strategies to facilitate the student's full participation
- Reducing school barriers that limit student participation
- Utilizing assistive technology to support student success
- Helping identify long-term goals for post-school outcomes
- Providing support for instructional activities in the classroom
- Providing individualized evaluation and treatment planning to support student achievement within the academic environment

A Circle of Courage School

Because of our strong belief in the Circle of Courage, we do all we can to help students achieve a sense of Belonging, Mastery, Independence and Generosity toward others. We believe that these skills build on each other and are necessary for success in school and in the world. We expect students to understand these goals and contribute toward their development by participating in classroom and group activities, setting and working toward their individual goals, helping to maintain a safe school environment and contributing what they can to the school community.



For more information:
www.starr.org/training/youth

Contact Us

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Itinerant Services Occupational Therapy



*Delivered within the child's
education setting -
Grades K-12*

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Department of Exceptional Education
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With whom do Occupational Therapists work?

- **Students**, to improve their performance in a variety of learning environments (e.g., playgrounds, classrooms, lunchrooms, bathrooms)
- **Parents**, to help them support their children's learning and participation in school
- **Educators and other School Support Staff**, to plan and develop activities and environments that include all students
- **Teacher Aides**, to support child success and promote safety within the school environment (e.g., physical and behavioral assistance needs)

Who makes referrals for Occupational Therapy services?

- Parents, teachers, therapists, physicians or other health care providers may make referrals for an occupational therapy evaluation.
- Occupational therapists perform evaluations upon the recommendation of a school district's Committee on Special Education (CSE).
- A physician's prescription is required in order to evaluate and/or provide occupational therapy services.



What are the functional skills Occupational Therapists address?

- Fine motor skills, hand dexterity, strength, and coordination for handwriting and handling school supplies and materials
- Motor planning skills for balance, positioning, and moving about the school and playground
- Functional vision skills for reading, copying, and navigating the environment
- Environmental control with adaptive devices and equipment to allow independent functioning
- Organizational skills for class preparation, note taking or homework assignments
- Activities of daily living such as dressing, eating, and grooming skills
- Pre-vocational skills of following multi-step directions, managing workspace and materials, signing in and out of work, and appropriate hygiene
- Sensory skills for self-regulation
- Community living skills such as simple meal preparation, light cleaning, and clothing management



Where is therapy provided within the school setting?

The Occupational Therapist provides services within the classroom, lunchroom and playground environments or a separate room such as the gross or fine motor therapy rooms.

Who provides OT services?

Registered and licensed Occupational Therapists (OTR/L) or Certified Occupational Therapy Assistants (COTA), under the supervision of an OTR/L.

