



SPEECH PATHOLOGISTS
Belinda Hill & Associates

Practising Members of the Speech Pathology Association of Australia

What is Occupational Therapy?

Occupational therapy is a profession concerned with promoting health and wellbeing through occupation. The primary goal of occupational therapy is to enable children and adults to participate fully in the activities of their everyday life. We do this by using therapeutic activities to enable people to do tasks that will enhance their abilities or we modify their physical environment to better support participation.

Occupational therapists help their clients cope with demands, adapt to tasks and overcome challenges in their everyday lives.

Depending on their area of interest occupational therapists may work in a variety of settings or choose to specialise in areas such as rehabilitation, mental health or paediatrics to name just a few.



Areas OTs provide assistance with

GROSS MOTOR SKILLS - movement of the large muscles in the arms and legs. Abilities like rolling, crawling, walking, running, jumping, hopping and skipping

FINE MOTOR - movement and dexterity of the small muscles in the hands and fingers. Abilities such as hand manipulation, reaching, carrying, shifting and handling small objects.



COGNITIVE PERCEPTUAL SKILLS - abilities include attention, concentration, memory, comprehending information, thinking, reasoning, problem solving and understanding concept of shape, size and colours.

SENSORY INTEGRATION - ability to take in, sort out and respond to the input received from the world. Sensory processing abilities include vestibular, proprioceptive, tactile, visual, auditory, gustatory and olfactory.

VISUAL MOTOR SKILLS - a child's movement based on the perception of visual information abilities like copying.

MOTOR PLANNING SKILLS - ability to plan, implement and sequence motor tasks. Oral motor skills-movement of muscles in the mouth, lips, tongue and jaw including sucking, biting, chewing, blowing and licking.

PLAY SKILLS - to develop age appropriate and purposeful play skills

SOCIO-EMOTIONAL SKILLS - ability to interact with peers and others

ACTIVITIES OF DAILY LIVING - self-care including daily dressing, feeding, grooming and toilet tasks. This also encompasses environmental manipulation, e.g. handling switches, door knobs, phones and using TV remotes.