

# Occupational Therapy Services:

## A Parent / Guardian's Guide to Success

### Video Transcript

[Start of transcript]

Host: "Hello, everyone! Today, we're exploring occupational therapy as a related service in special education. We'll cover what occupational therapy entails, why it might be necessary for your child, who provides these services, and more."

Host: "Occupational therapy, or OT for short, helps individuals achieve independence in all facets of their lives. In the school setting, it focuses on enabling students to perform the tasks that support their role as students. This might include anything from improving fine motor skills to enhancing sensory processing abilities."

Host: "Children might require occupational therapy to assist with areas such as fine motor skills—like writing, motor coordination, sensory processing, or self-help skills such as dressing or eating. These challenges can impact a child's ability to participate fully in school activities and achieve educational goals."

Host: "Qualified Occupational Therapists, or OTs, or Occupational Therapy Assistants, OTAs, provide these services. They work as part of the special education team, supporting your child's educational program. The team will decide what your child's needs are at the IEP meeting and add this to the IEP to outline the plan for OT services."

Host: "OT services are typically provided within the school setting, in various environments such as the classroom, cafeteria, or playground, or even indirectly to ensure skills are applicable to real-life school situations. The frequency and duration are determined by the student's Individualized Education Program, or IEP."

Host: "Occupational therapy may be delivered indirectly, in one-on-one sessions or within small groups, depending on your child's needs and the goals outlined in the IEP. Group settings can promote social interaction while individual sessions provide focused support."

Host: "Parents or guardians will receive updates on their child's progress through regular reports, IEP meetings, and direct communication with the therapist. You'll be informed about the specific goals your child is working towards and the progress being made."

Host: "If you have questions, don't hesitate to contact your child's therapist or the school. To support your child's progress, ask your child to show you what they're learning and encourage the practice of skills at home that the therapist recommends, making activities part of everyday routines."

Host: "Occupational therapy is a valuable service that helps children access their education and develop and strengthen important life skills. With the dedicated team of educators and therapists supporting your child, they are on a path to improving their skills and empowering them to participate fully and confidently in their school life. Thank you for watching!"

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