

her own speed, so treatment time may vary. Some children needs change as they get older or change schools, they return to the occupational therapist to figure out new ways of coping with problems or to master a new skill.

Children can help speed up treatment by following the instructions of their occupational therapist. It's important for them to work hard and practice on their own at home also. Some activities or exercises may look unusual but they all have a purpose. If you want to know why your occupational therapist has asked your child to do a specific action, ask, "How will this exercise help my child?" And with time and lots of practice, you will see all that hard work pays off.

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Occupational Therapy



What is Occupational Therapy

A child's occupation is to grow, learn and play. Occupational therapy (or OT) helps children who are physically or cognitively challenged carry out everyday activities with better ease like dressing, grooming, bathing, eating and walking for example brushing their teeth, putting on clothes, shoes and socks, eating and playing. Occupational therapists also help children create alternative ways with the help of therapy and assistive aids to play games they might miss out because of their functional limitations. Many work with children who need help with their handwriting or in developing learning strategies to help them remain focused in school.

Occupational therapy helps children with disabilities to be as independent as possible with the help of therapy or aids. Some people say a physical therapist will get you where you are going, but an occupational therapist helps you out when you get there.

The main categories of occupation include:

- Upper limb functions
- Work independence
- Self-care
- Play and leisure

School based occupational therapy

School based occupational therapists serve children with:



- developmental problems
- emotional impairment
- mental and physical limitations
- learning difficulties

Who Needs It?

Children who are mentally and physically not independent need an occupational therapist. Most have difficulty in performing everyday activities like dressing, tying shoes, feeding themselves, bathing, mobility in school, paying attention, writing, drawing, or colouring in the lines. Some children with conditions like cerebral palsy, limb deficiencies or muscular dystrophy may need to use a wheelchair. An occupational therapist can help children in wheelchairs come up with a plan to be independent in school and community. Occupational therapists also may help children with autism learn how to interact with others.

An occupational therapist also offers assistive

aids, slings and splints to provide support to different parts of the body specially upper limb. They make for your child devices to make him or her independent for example opening a jar, putting your shoes on, wearing clothes or taking a bath or shower easily.

Visiting the Occupational Therapist

If you visit an occupational therapist, the therapist will evaluate how well your child can do certain activities compared with other children of his/her age. The therapist may ask your child to write an alphabet, draw some shapes, play some games, tie shoes, or squeeze a special grip meter to measure how strong s(he) is!

It's important to remember that OT is different for every person. No two people are alike and no two treatments are the same either. Once the occupational therapist figures out what your child needs to do, he or she will come up with a individually tailored plan. Later the plan activities are often, broken into several smaller parts, for example, if your child wants to take a bath he/she might first learn how to turn on the water, adjust the temperature, find the soap and towel, and finally, get into the tub. Once the plan is made, then all it takes is practice.

How Long Will The Treatment Last?

Because occupational therapy is unique to each person and every child learns at his or