



# Occupational Therapy Services (Adolescents & Adults)

**Occupational Therapy** assists adolescents and adults with physical skills, gross and fine motor skills, life skills, cognitive skills, psychosocial skills and executive function. Difficulties with these skills may interfere with one's ability to function or make progress in school, work, and/or at home. The goal of occupational therapy is to find ways for the individual to participate as fully as possible in daily activities:

- Self-care: grooming, hygiene, sleep, mobility, medication management
- Leisure: participating in recreational activities, identification of meaningful activities
- Productivity: life transitions, life skills (money management, community access, shopping, etc.), volunteering, pre-employment, employment

Adolescents and adults experience major life transitions such as finishing school, accessing new community services, moving from a childhood home and transitioning into adult services. Expectations tend to increase once adulthood is reached, while structure and support levels often decrease. Occupational therapy can support individuals through transitions, assess and teach functional life skill building, identify cognitive strategies and support the individual to access meaningful productivity.

As well as assessing functional skills, an occupational therapist can assess the environment in which the activity is taking place and the activity itself. The occupational therapist works with the individual, their family and other caregivers to find new ways to help them engage and participate in their activities.

Occupational Therapy is offered in weekly individual sessions, at a price of \$84 per session. An optional assessment report is available for \$60.

## Registration

Register online at [DSRF.org/register](https://www.dsrfg.org/register).

