



# Occupational Therapy Services (Children)

**Occupational Therapy** assists children with physical skills, gross and fine motor skills, sensory processing, cognitive skills and psychosocial skills. 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: self-help skills, toileting, dressing, eating, sleeping, bathing
- Productivity: performing academic tasks, learning to follow routines, developing autonomy, etc.
- Leisure: playing on playground equipment, participating in recreational activities, playing games, making crafts, frustration-tolerance, etc.

School-age children learn both academic skills and non-academic or "functional" skills. Academic skills might include sequencing between activities, matching, drawing, colouring, and eventually printing. Functional skills include learning how to get dressed, throwing and catching a ball, fastening buttons and zippers, using scissors and establishing hand dominance.

An occupational therapist can also assess the environment in which the activity is taking place and the activity itself. The occupational therapist will then work with the child, their family and other caregivers to find new ways of helping them to engage and participate in their activities.

Block	Dates (2020)	Schedule	Location(s)	Fee
Block 1	Jan 6 - Mar 13 (10 weeks)	weekly individual sessions	Burnaby	\$84/session*
Block 2	Mar 30 - Jun 19 (12 weeks)	weekly individual sessions	Burnaby/Surrey	\$84/session*
Block 3	Jun 29 - Aug 21 (8 weeks)	weekly individual sessions	Burnaby/Surrey	\$84/session*
Block 4	Sept 8 - Dec 11 (14 weeks)	weekly individual sessions	Burnaby/Surrey	\$84/session*

*\*\$60 for end of block report*

## Registration

Register online at [DSRF.org/register](http://DSRF.org/register). Registration for each block is open all day on the dates listed below:

- Block 1:** Nov 4-5, 2019      **Block 3:** May 25-26, 2020  
**Block 2:** Feb 18-19, 2020      **Block 4:** Aug 4-5, 2020

