Occupational Therapy (OT)



Occupational Therapy (OT) helps people on the autism spectrum develop and enhance practical life skills and manage sensory differences to successfully participate in daily activities.

What is Occupational Therapy (OT)?

Occupational therapists use structured techniques, visual supports, and step-by-step instructions to help children in day-to-day activities.

Many children on the autism spectrum experience the world differently through their senses and may be more sensitive to sounds, textures, or movement. Therapists help autistic people develop strategies to manage sensory input.

They also work with children who experience feeding difficulties, which may be related to motor or sensory differences.

Through targeted exercises, OT also strengthens motor skills needed for handwriting, coordination, and balance.

Why is Occupational Therapy Important?

OT helps autistic people navigate their environment with greater confidence and independence, enhancing their quality of life at home, school, and in social settings.

Occupational Therapy focuses on the areas of:

- Daily Living/Self-Help Skills
  - Dressing
  - Eating
  - Hygiene - keeping clean and healthy
- Sensory Processing
  - Sounds
  - Sights
  - Textures
  - Movement
- Motor Skills
  - Handwriting
  - Cutting with scissors
  - Body Coordination
  - Balance
- Play Skills

Who do you contact for more information?



Primary care physician



Local school district