

What are the Goals of Occupational Therapy for Children?





Occupational Therapy

[Occupational therapy kids san diego](#) is responsible for evaluating the abilities and skills of a child to enhance the development of those that are altered or absent (due to illness, physical or psychological trauma, psychosocial dysfunctions, developmental difficulties, or even poverty). To promote independence, active participation in a social environment, prevent disabilities and improve quality of life.





How Occupational Therapy Works?

During the process, the intervention plan is adapted, both as regards the activities, implemented according to the results achieved, and as regards the environment (to make it more accessible); it is also possible to resort to aids, including electronic ones, and tutors to facilitate the carrying out of occupations or the overcoming of barriers.

What are the goals of occupational therapy for children?

Individual: Daily activities and occupations should be promoted through play as a learning method, literacy, personal hygiene, interpersonal relationships, and food, taking into account the characteristics, needs, and interests of each child.

Environment: It is also necessary to advise the family on dealing with specific scenarios or circumstances and the tools they should use to eliminate or reduce possible barriers hindering the child's home autonomy.



What is the action plan in child occupational therapy?

Assessment

It determines the child's general and specific functioning, considering the physical, mental, and emotional condition. During the first contact with the family, the parents express the family and personal history of the patient, the difficulties, limitations, worries, and expectations about his evolution.



Intervention and Treatment

The intervention and treatment are planned according to each child's characteristics, needs, and objectives to achieve through methods such as neurodevelopment, sensory integration, play therapy, and psychomotor skills. The following objectives:

- Acquire motor, cognitive, and socio-affective skills and abilities through play.
- Autonomy and independence, such as dressing or undressing, personal hygiene, and management of school supplies, food, and games, with the aim that personal development is functional enough.





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