



## **Shelley L'Green (Occupational Therapist)** ***The role of the occupational therapist***

Occupational therapists work on a variety of different skill areas to help your child gain independence and promote their development. This all depends on the main areas of concerns as identified by you and also other health professionals.

Some of the areas that occupational therapists work on are: fine motor skills, gross motor skills, self care; such as grooming toileting and dressing, attention, school readiness skills, behaviour, social and emotional skills and there is more.

Every therapist has their own unique style of therapy and different models that they will draw upon within a therapy session. Personally, I have additional training in DIR Floortime, ABA and a variety of other models. It really depends on the parents' preferred approach and their family values as to which model we will draw upon to compliment my existing occupational therapy training.

It's really important for families and therapists to share the same values throughout the whole therapy journey. What works for one family is not necessarily going to work for the next family and there are a variety of very distinct differences in the models of therapy out there. It's really important for parents to be educated and make informed choices about what is going to work for their child and family.

*\*\* This is an approximate transcription only; minor modifications have been made to assist the reader.*