# WHAT IS AN OCCUPATIONAL THERAPIST AND HOW DO THEY SUPPORT CHILDREN WITH AUTISM
# essential CHECKLIST

## 1. Evaluate Daily Tasks and Root Causes

- ☐ The OT evaluates how sensory, motor, cognitive, and environmental factors interact during everyday activities like dressing, playing, and eating.
- ☐ They address root causes - such as motor planning difficulties or sensory sensitivities - rather than just managing surface symptoms.

## 2. Support Sensory Processing and Regulation

- ☐ The therapist helps your child organize and respond safely to environmental sensory inputs like light, sound, textures, and movement.
- ☐ They teach self-regulation strategies to help your child manage stress, energy levels, and emotional arousal throughout the day.

## 3. Develop Fine Motor Coordination

- ☐ Sessions work on strengthening hand and finger muscles needed for essential practical tasks.
- ☐ Your child practices fine motor skills required for writing, drawing, using utensils, cutting with scissors, and buttoning coats.

## 4. Build Independence in Activities of Daily Living (ADLs)

- ☐ The OT breaks down complex routines - such as toothbrushing, morning grooming, and bedtime hygiene - into manageable steps.
- ☐ They modify environments to foster long-term self-care autonomy and reduce daily friction for your family.

## 5. Provide Neurodiversity-Affirming, Interdisciplinary Care

- ☐ Therapists focus on leveraging your child's unique strengths rather than trying to "fix" neurodevelopmental differences.
- ☐ The OT collaborates with speech-language pathologists, behaviour analysts, and parents to equip your family with practical, everyday tools.