

## What is Occupational Therapy?

Occupational therapy (OT) is a client-centred health profession that looks to support and enable adults and children to participate fully in their life roles.

These life roles can be connected to work, school, home, or leisure such as parenting, caregiving, studying or playing.

Activities may include self-care, or the care of others, and the routines connected to this, as well as the ability to engage and perform at work and participate in hobbies, interests or social events.

### The Big Question: Why is it Called OCCUPATIONAL Therapy?

In OT, occupations refer to the everyday activities that people do as individuals, in families, and with communities to occupy time and bring meaning and purpose to life. Occupations include the things that people need to, want to and are expected to do.

### What Do OT Services at CFWA Look Like?

As part of our Calm Kids, Happy Families program, our OT at CFWA can provide support and practical advice to parents, caregivers and their children, on difficulties experienced in the home, school, work, or social aspects of their life.



**The following are examples of what our OT may support you, and your family, with:**

- Parenting/caregiver support and coaching.
- Understanding and navigating challenging behaviours in children – why they happen and how can we support them.
- Child's engagement in school – has your child's teacher highlighted a concern with your child's handwriting, body strength, engagement in class or social skills.
- Supporting children with fussy eating, sleep routines and toileting.
- Supporting children with their self-care and physiotherapy routines.
- Self regulation in children – is your child having difficulty regulating their

emotions?

- Sensory difficulties – does your child display some sensory behaviours that you would like an understanding of and some support with?
- Supporting children living with CF who have other long-term challenges such as Autism Spectrum Disorders or Attention Deficit Disorders.

## What Does the OT Process Look Like?

Every person's OT journey is different, depending on the needs of your child and family. Initially our OT will connect with you to understand your needs and discuss whether OT can help. A meeting is then usually arranged to discuss in detail the difficulties being experienced and to get a broader understanding of the family environment.

A meet and greet with your child is then organised and gives the OT a chance to observe and understand what's happening for them. This may be in the home or in day-care/school depending on the difficulties. If more detailed assessments are required our OT can support you to navigate this with other organisations or health providers. A plan for therapy will then be made and sessions will be conducted by the OT with you and your child in the home, at the CFWA offices, or in school.

OT is a goal focussed therapy, so therapeutic services will be provided to meet your specific goals and to support your child and family as needed.

## More Information

Please contact our OT, Mel, at [mel.tibbitts@cfwa.org.au](mailto:mel.tibbitts@cfwa.org.au) or call us on 08 6224 4100.

## Useful Resources

- [Calm Kids Happy Families Program](#)