

Frequently Asked Questions Occupational Therapists and ASD

What might an Occupational Therapist do for individuals with Autism Spectrum Disorder?

(Source Autism Victoria Brochure, Psychologists, Speech Pathologists, and Occupational Therapists: What do they do?)

Occupational Therapists may provide support for children with Autism in the following areas:

- Sensory Integration Therapy. Integrating sensory and motor skills – motor planning, body and spatial awareness.
- Fine Motor Skills. Pen-handwriting, scissor skills
- Gross Motor Skills. Balance, strength and coordination in physical activities
- Self Care skills. Dressing
- Social Skills. Play skills and relationships.

Occupational Therapists may also have some input in the following areas:

- Visual Perception. Understanding/interpreting what is seen (necessary for formal learning of writing/reading)
- Cognition. Attention/concentration, problem solving ability, organizational skills.
- Equipment Advice and Prescription. Furniture, mobility and transfer equipment, toileting news.
- Life Skills. Everyday skills that are considered important in day-to-day functioning (e.g. using the telephone, cooking skills etc.)
- Recreational Advice. Advice on suitable community recreation programs.

How can I access an Occupational Therapist

The services of an Occupational Therapist can be accessed through the FaHCSIA “Helping Children with Autism” package. You may also like to ask your GP for a referral through an “Better Access Mental Health Care Plan” or a “Chronic Disease Management Plan” (formerly known as an Enhanced Primary Care plan.)

**For more information please see the website of Occupational Therapy Australia
www.ausot.com.au**