

UNDERSTANDING OCCUPATIONAL THERAPY



**Aurora
Redehall School**

What is Occupational Therapy?

Occupational Therapy (OT) is a health profession that helps people of all ages develop the skills they need to take part in everyday activities. For children and young people, this means supporting them to succeed at school, play, self-care, and building independence. OTs look at what activities a child needs or wants to do, identify any barriers, and provide strategies or therapy to help them achieve their goals.



Why we have Occupational Therapy in school?

Occupational Therapy (OT) is provided in our school to help pupils develop the everyday skills they need to be successful and independent. It supports learning, wellbeing, and helps children reach the outcomes set in their Education, Health and Care Plans (EHCPs).

What Occupational Therapists work on?

OTs focus on building practical life and learning skills. This can include:

- Fine motor skills (writing, cutting, using tools)
- Gross motor skills (balance, coordination, core strength)
- Sensory processing (responding to and regulating sensory input)
- Self-care skills (dressing, eating, hygiene)
- Accessing learning and the school environment with confidence



When will your child be seen?

Pupils who have identified needs in their EHCP that relate to motor skills, sensory processing, or functional independence may be referred for OT support. This ensures the therapy is targeted, personalised, and helps children work towards their targets and outcomes. Alongside bespoke sessions, The therapy team also work closely with the teaching staff to embed OT support into her daily routines and practices.



What happens in the sessions?

OT sessions are fun, practical, and based on individual goals. Activities may include games, sensory-based play, movement exercises, and everyday tasks. Therapists also give advice and strategies for teachers and families to support pupils throughout the day.

How often sessions take place?

Typically, sessions are 30 minutes long and take place once a week. The therapist may also provide additional recommendations for school staff to integrate strategies into daily routines.



Meet the OT team



Chanel Opperman
Occupational therapist



Erin Boulton
OT assistant