



School-Based Occupational Therapy Services

Occupational therapists (OTs) and certified occupational therapy assistants (COTAs) address the occupational performance needs (ability to participate in life activities) of individuals of all ages. In educational settings, OTs and COTAs are concerned with a student's ability to access and participate in school activities. Occupational therapy services are centrally administered and are available in all Fairfax County Public Schools.

In order to determine a student's needs in the educational setting, and to develop interventions, OTs consider three separate components—(1) the demands of required activities and the environment; (2) the student's performance patterns and routines at school; and (3) the physical and sensory capabilities of the student.

Areas of focus *may* include:

- Adaptation of the environment or materials to promote success with school activities
- Improvement of sitting posture and classroom seating
- Navigation of the classroom or school environment
- Analysis of habits and routines such as activities of daily living to support or to improve functioning
- Enhancement of self-regulation and social skills
- Analysis of prevocational and/or community living skills
- Fine motor skills including manipulating materials and tools
- Visual motor integration and eye-hand coordination
- Self-care needs such as feeding or managing clothing at school

Services are provided to the student, on behalf of the student, and/or to the educational team, including parents. Interventions include:

- Collaborating with school teams to promote successful school performance for individuals or groups of students
- Conducting workshops or in-service training
- Consulting with teachers, parents, and other members of the school team
- Co-leading classes or group with a teacher or another school professional
- Working individually with students or in small groups
- Dismissal planning

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