

School Based Rehabilitation Services Occupational Therapy

Who we are:

Occupational Therapists (OT) and Occupational Therapy Assistants (OTAs).

What is SBRS Occupational Therapy?

We are healthcare professionals who may provide consultation, recommendations and resources to help students improve their ability to function and participate in everyday activities at school.

Who can we help?

Students who require additional support to participate in school and access curriculum in areas such as fine motor skills, activities of daily living, self-regulation and accessibility.

What we do in school:

The SBRS OT works closely with caregivers, students and the school team to identify needs, set goals, and provide strategies to maximize student success. Most services take place at the school, however there may be some service options families access virtually or at one of the ErinoakKids sites.

The SBRS OT will visit elementary schools on a regular schedule, usually once per month, depending on the needs of students and as determined with school staff. Secondary and middle schools are supported on an as needed basis.

An SBRS OT can address the following:

- Fine motor and play skills
- Printing skills
- Seated position
- Self-regulation skills
- Readiness to receive information
- School accessibility



SBRS OTs offer three levels of supports:**Tier 1**
Good for all**Tier 2**
Necessary for some**Tier 3**
Essential for a few**TIER 1- GOOD FOR ALL**

No referral is required for universal support. Consultation offers generalized strategies that may benefit all students.

No Name No Face (NNNF) Consultations:

School staff can have a “no name/no face” (NNNF) consultation with the SBRS OT regarding concerns with a student’s participation in accessing curriculum. This means the student’s personal identifiers are not shared. The occupational therapist can share general strategies, resources, and handouts to support the student and/or classroom needs.

A referral to Tier 2 will be recommended if individual assessment is required.

Classroom Sessions:

Based on your school’s needs and in discussion with an OT, an OT Assistant (OTA) can provide a session for your primary classroom from a menu of services, including:

- Fine motor/grasp
- Pre-printing and drawing
- Scissors skills
- Upper case letter formation
- Lower case letter formation
- Dressing skills
- Self-regulation

Workshops:

Based on your school’s needs and in discussion with an SBRS OT, workshops can be provided to school staff for lunch and learns or before/after school sessions regarding fine motor, printing and self-regulation.

TIER 2 – NECESSARY FOR SOME

If further assistance is required after Tier 1 strategies are trialed, a referral may be recommended.

The SBRS OT can offer student specific consultation, recommendations and resources to support students with:

- **Fine motor development**

Examples: cutting, pre-printing and hand pain/fatigue/weakness related to printing

- **Activities of daily living (ADL) and self-help skills**

Examples: toileting routines/access, dressing and eating

- **Play skills and engagement**

Examples: modifying environment/equipment to support access to play

- **Focus and attention**

Examples: reduction of visual distractions and task modification

- **Printing skills**

Examples: letter formation, spacing and written output

- **Self-Regulation**

Examples: strategies to promote readiness to learn (e.g., movement breaks, transition support and environmental modifications)

Examples: In conjunction with a multi-disciplinary school team, address strategies to support potential sensory processing and/or environmental components related to self-injurious behaviour, harm to others or elopement

TIER 3 – ESSENTIAL FOR A FEW

SBRS OT Tier 3 service may involve significant support related to equipment, staff training (i.e. lifts and transfers), and/or accessibility. These students often are supported via a team approach with a mix of health care practitioners and school board staff.

Referred students who have more complex needs can be transitioned seamlessly between tiers by the SBRS OT at any time.