

# OCCUPATIONAL THERAPY INFORMATION SHEET

## What is Occupational Therapy (OT)?

OT assists people across the lifespan to participate in things they want and need to through the therapeutic use of everyday activities.

## What does occupational therapy do?

- Help children with disabilities participate in social activities
- Help people regain skills that are lost after injury
- Provide support for individuals who have physical or cognitive challenges



## How does occupational therapy help someone with autism?

These are skills that Occupational Therapists may work on with a person who has autism:

Daily living	Toilet training	Dressing	Brushing teeth
Grooming skills	Fine motor skills	Holding objects	Handwriting
Cutting with scissors	Gross motor skills	Walking	Climbing stairs
Awareness of body and its relation to others	Perception skills	Telling the difference between colors, shapes, sizes	Body awareness
Riding a bike	Social skills	Play	Sensory Integration

## How do I find an Occupational Therapist?

After I receive a prescription for Occupational Therapy, how do I find one in my area who accepts my insurance?

- Review the ASERT Resource on [Finding and Choosing a Therapist](#) that provides suggestions on how to find a provider as well as important questions to ask to ensure the provider will be the best one for your child.



This information sheet was developed by the Autism Services, Education, Resources, and Training Collaborative (ASERT).  
For more information, please contact ASERT at 877-231-4244 or [info@PAautism.org](mailto:info@PAautism.org).  
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