

What is Occupational Therapy?

Occupational Therapy (OT) is delivered as in-home care by Licensed Occupational Therapists (OT-R) or Certified Occupational Therapy Assistants (COTA). These professionals address fine motor, sensory, and cognitive disorders.

- **Play Therapy**

Age-appropriate play and learning activities to support development.

- **Fine Motor Skills**

Grasping, zipping, buttoning, fastening, and object manipulation.

- **Hand-Eye Coordination**

Handwriting, balance, carrying items, sports, and exercise.

- **Activities of Daily Living**

Bathing, dressing, self-feeding, grooming, and tooth brushing.

- **Cognitive/Behavioral Disorders**

Positive behaviors, social skills, and anger management.

- **Orthotics and Assistive Devices**

Ordering and training for splints, braces, dressing devices, bathing aids, and communication devices.