

**Quest School  
Occupational Therapy  
November 2021**

At Quest all occupational therapy programmes are tailored to the individual child and are graded developmentally through monitoring and review. Therapy programmes, for many of our children, related to gross and fine motor function reflect a need to address subtle issues of postural control, reduced developmental experience, more limited movement repertoire and/or a level of reduced fluidity in movement patterns, rather than direct physical limitation.

Within all programmes, consideration of sensory experience is closely integrated and may be monitored through an overall sensory diet for some children, where this is necessary. Use of yoga positions can help to build core strength and have postural control benefits as well as providing vestibular and proprioceptive experience, which may be calming for a child. Activities such as the 'plunger' provide strong proprioceptive experience through the push and pull as well as developing intrinsic hand musculature and encouraging bilateral involvement, and the auditory pop can be very motivating.

Opportunities for participation, choice and communication are also key and the use of laminated picture cards and/or the activity symbols, used on the choiceworks app, allows a child to choose the order and pace of the activities. Structured practise of specific skills can also be generalised to functional life skills and examples of this in a fine motor programme may be the use of the scissor ball game, practise with the dental mouth and the button practice pillow.

Novelty and variety within programmes is very important and therefore a creative and bespoke approach is always taken in order to motivate a child to engage actively within the therapeutic programme.

<b>Outcome Areas</b>	<b>Intervention packages</b>	<b>Intervention activities</b>
<b>1. Physical</b>		
Gross Motor	Sensory Gross Motor Programme	Bespoke programme of activities for each child which are reviewed by OT on regular basis
Fine Motor	Fine Motor Programme	Bespoke programme of activities for children, where applicable, which are reviewed by OT on regular basis
Independence/Confidence/Choice		Opportunities to choose/order different activities within a programme are offered through use of laminated cards and/or choiceworks app on ipad.
<b>2. Sensory/Emotional</b>		
Sensory Processing	Sensory Profile 2	Sensory Strategies (promoting and facilitating development of self-soothing strategies wherever possible)
		Sensory Diet
		Sensory gross motor programme, providing experience of varied sensory experience to promote regulation
Emotional Regulation	Zones of Regulation	Sensory gross motor programme is integrated with zones of regulation, where appropriate
<b>3. Life Skills</b>		
Life Skills	REAL Assessment (Roll Evaluation of Activities of daily living)	Sensory gross motor and fine motor programmes provide opportunities for practise of skills, in structured activities, which can then be generalised to daily

		living skills within the school day and at home.
	Annual Life Skills Questionnaire completed by family	Information from this is incorporated into OT programmes wherever possible and may direct therapeutic aims
Meal Skills	Snack cutting programme	Opportunities for practise of mealtime skills through bespoke programme as well as within snack and lunch time in school routine
Contenance	Toilet Programmes	Occupational therapy advice on sensory and physical aspects of toileting
Dressing and Undressing		Occupational therapy advice and monitoring of opportunities to practise skills within school day, as appropriate.  Fine Motor programme, which may provide opportunities for skills related to fastenings etc.
Other		Fine Motor programme, which may provide opportunities for skills related to dental care/personal grooming etc.
<b>4. Other</b>		
Access to curriculum		Differentiating the curriculum.  Sensory gross motor programme, sensory strategies and sensory diet promote emotional regulation for a child and readiness to learn.



Pupils at Quest have individualised gross motor programmes which consist of a range of different tasks selected to address their specific needs.



Fine motor skills are developed through a range of different exercises, with a focus on functional life skills. Targets are individualised to suit the needs of the pupil.