

OCCUPATIONAL THERAPY

DESCRIPTION :

The goal of occupational therapy is to help people cope with the challenges of everyday life. Whether it is because of aging, a physical or mental health problem, or trauma, the occupational therapist supports the person in their search for daily well-being. This discipline adopts a global approach that takes into account the physical, sensory, perceptual, cognitive, affective and social dimensions of individuals.

The occupational therapist turns out to be an indispensable ally for little people. By supporting them in their daily activities at school, work or in their leisure time, it enables them to increase their autonomy. As such, this professional intervenes mainly in two areas: the physical rehabilitation of the person and the adaptation to their environment and activities within their capacities.

WHY USE IT?

Occupational therapy helps people overcome the barriers they face on a daily basis. It also aims to help them organize and accomplish the activities that are important to them. Finally, it can prevent a barrier or minimize its effects. The objectives of this discipline are as follows:

- Promote people's autonomy;
- Assist them in taking care of themselves and others;
- To bring them into fulfillment with respect to their personal, academic and professional goals;
- Allow them to do the activities they wish to do;
- Facilitate their continued adaptation within a living environment that meets their needs and preferences;
- Assist with their integration into the community.

Concretely, occupational therapy supports people with:

- Their daily tasks (cleaning, shopping, washing and ironing clothes, cooking, moving around, etc.);
- Their personal hygiene care;
- Their education, work and involvement within the community;
- Their leisure activities (sports, gardening, social activities, etc.).

FORMS OF INTERVENTION :

The occupational therapist considers the person and their loved ones to be key partners in the choice of objectives and means of intervention.



They also collaborate with other professionals and stakeholders within an interdisciplinary approach.

The role of the occupational therapist is to find out what obstacles or barriers the person encounters on a daily basis, and why they experience them. Depending on the situation, it will therefore help confirm:

- What the person can or cannot accomplish physically (strength, coordination, balance, etc.);
- Their mental skills (memory, organizational skills, coping strategies, etc.);
- The equipment they use to go about their daily routine (work tools, furniture, utensils, clothes, etc.);
- Any social and emotional support available at home, school, work as well as in the community;
- The various environments in which the person interacts (home, school, workplace, etc.).

The occupational therapist can help the person overcome encountered barriers by showing them new ways to fulfill their obligations while taking into account their abilities. They also suggest activities aimed at resolving their issues and improving their skills, in particular by developing their coping strategies. Finally, they will work to cultivate the different tools that the person uses within the different environments that they frequent on a daily basis.

More specifically, for little people, the occupational therapist can assist at or with:

- Home (lowering work surfaces, counters, cupboards, switches, installing a "belly" bowl sink, modifying the stairs, etc.);
- School and the workplace (multi-positional chair or adapted chair, small bench or stool for the bathroom and water fountain, a lowered locker, the installation of a retractable staircase, etc.);
- Means of transport (extension of pedals for a car, adaptation of the car seat, a specialized bicycle, etc.).

Finally, the occupational therapist helps their client to discover the services available to them, for example adapted transport. They can also support them in their requests for access to aids and specialized equipment (assistance programs from the SHQ or the SAAQ in Quebec, assistive devices program (ADP) in Ontario, parking stickers, wheelchair and scooter inquiries, etc.).

RESOURCES :

Association québécoise des personnes de petite taille

<https://www.aqppt.org/>

Little People of Ontario

<https://littlepeopleofontario.com/>



Ordre des ergothérapeutes du Québec

<https://www.oeq.org/m-informer/qu-est-ce-que-l-ergotherapie.html>

Association canadienne des ergothérapeutes

https://www.caot.ca/?language=fr_FR&nav=home

Nathalie Boels, *Le nanisme. Se faire une place au soleil dans un monde de grands*, Montréal, Éditions du CHU Sainte-Justine, 2008



Please contact us for more information

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Avec la participation financière de

Office des personnes
handicapées

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