

Key Facts:

Occupational therapists are experts in occupational well being and activity analysis. Occupational therapists work alongside individuals to develop their skills in order to maximize quality of life, decrease support needs and increase independence, supporting a person-centered approach (COT 2007).

Occupational therapists help those with learning difficulties through:

- Developing their daily living and independent living skills,
- Maintaining a healthy level of meaningful activity
- Occupational therapists can help support those with learning difficulties into employment. This is done through making information simpler to understand and providing visual guides to show people how to do jobs e.g. a timer was provided to a young man so that he knew when to come back from his break.
- Looking at ways to engage with the simple sensory elements of tasks in order to improve quality of life and skills such as attention.
- Sensory integration
- Assessing for equipment and adaptations
- Supporting Carers (COT 2007).

Cost Benefit

Cost benefits relate directly to preventing admission to residential care and/or reducing support and care costs.

References

College of Occupational Therapists (2007) Information produced by the COT Specialists Section For People with Learning Disabilities for the Workforce Review Team. [Unpublished]

