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Autism Everyday Challenges – An Occupational Therapy Perspective

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- Children with Autism can find everyday activities (for example, teeth brushing, playing in the playground and bedtime) challenging.
- The focus of Occupational Therapy is to promote ways to make everyday activities as successful as possible for the child to participate in.
- We will explore a range of reasons, (e.g. motivation, anxiety, sensory based) which may cause challenges for the child in everyday activities.
- We will explore and consider ways to help a child with Autism to participate in activities more successfully.

Aims:

- To understand **WHAT** the occupational challenges are for children with Autism in school, home and community settings.
- To be aware of range of reasons **WHY** a child might be having these difficulties.
- To explore **HOW** we may help a child be more successful in everyday activities
- Participants will be supported to develop their own action plan from range of suggestion/strategies discussed.

Facilitators

A member of the Highland wide Children's Services Occupational Therapy Team, who is experienced in working with children with Autism.

