



Occupational Therapy

Sacramento City Unified School District
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Full team approach



Our Team

Therapists (OTRs)

Christine Anjo

Megan Hight

Sara Matsuura

Megan Unyi



Therapy Assistants (COTAs)

Alana Nansel

Kia Moua

Melissa Moss

School-Based OT

Occupational therapy is a holistic process which addresses the entire child. Occupational therapy's expertise includes activity and environmental analysis and modification with a goal of reducing the barriers to participation. ~ AOTA.

Sensory

Visual Motor

Self -
Regulation

Fine Motor

Executive
Function

Bilateral
Coordination

Balance

Student/Parent Website



An occupational therapy website created to bridge communication
with students and families

School-Based Occupational Therapy

- General Education Students
- Students in Special Day Classes (SDC)
- Preschool
- Training/resources for school site staff
- Embedded coaching, consultation, collaboration

Preschool Support

Engagement

- Sensory processing
- Self-regulation
- Learn routines
- Participation
 - circle time
 - table time
 - play
 - self-help



Motor Coordination

- Develop hand dominance
- Grasp patterns
- Pre-writing strokes
- Bilateral coordination (scissor skills)



Primary Support

Attention

- Strengthening
- Postural support
- Sensory processing
- Flexible seating
- Following 2-3 step instruction



Fine & Visual Motor Coordination

- Handwriting skills: letter formation, size, baseline placement, and spacing
- Scissor skills
- Opening (containers/ packages)
- Shoe Tying/Fasteners



Secondary Support

Fine Motor

- Handwriting (far/near copy)
- Writing a signature
- Filling out a form (functional/personal info)
- Shoe tying
- Locker practice
- Upper body/hand strengthening



Executive Function

- Follow instructions (written, verbal, or visual)
- Folder system (course work)
- Backpack organization
- Self-regulation
- Self-advocacy
- Basic computer functions and navigation



OT/PT/ADPE Website

- Additional site created to provide resources to district staff involved with servicing occupational, physical, and adaptive PE
- Allows essential communication between case managers, teachers, and therapy departments
- Provides necessary protocols, documents, and additional resources to complete the therapeutic process



Concerns Related to OT in the Classroom?



Contact your
case manager/teacher

Thanks

Any Questions?

*A special thank you to the Community Advisory Committee for
your continued partnership of educators, parents, and
community members...*