

# Occupational Therapy for children with Autism Spectrum Disorder

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Information for parents from the  
Children's Developmental Rehabilitation Programme (CDRP)

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## How can Occupational Therapy help my child?

- Occupational Therapy can help children with Autism Spectrum Disorder (ASD) gain skills that will help them with daily living.
- If your child has difficulty with daily activities such as feeding and dressing, due to problems with sensation or movement, he or she may benefit from occupational therapy.



## How does Occupational Therapy work with you and your child?

- An occupational therapist (OT) will assess your child's skills and work with you to identify the goals for therapy. Assessment takes 1 to 2 sessions.
- The OT will work with you and your child for about 6 to 8 sessions.
- The most important part of your child's therapy is when you follow through with suggestions every day in many situations.
- At the end of 8 sessions, the OT will assess your child to measure his or her progress towards the goals.

## What happens after therapy?

**If your child's goals are met:**

- Your child no longer needs occupational therapy.
  - Your child will be discharged from occupational therapy services.
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**If your child made some progress:**

- The OT may recommend that your child continue occupational therapy.

**If there has been no change:**

- Occupational therapy has not been successful in helping your child.
- The OT may recommend another service that will better meet your child's needs.



Occupational Therapy is one of the services provided by the Children's Developmental Rehabilitation Programme at McMaster Children's Hospital.

**For more information, call CDRP  
905-521-2100, ext 77031**

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