

CHILDREN WITH ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

AND THE ROLE OF OCCUPATIONAL THERAPY

Attention Deficit Hyperactivity Disorder (ADHD) is a disorder in which children are unable to pay attention, control their activity and restrain impulsive behavior. These issues may affect a child's ability to follow directions, complete assignments, participate in games, and perform tasks at home.

What is the purpose of occupational therapy for children?

At Gold Coast Pediatric Therapy, occupational therapy focuses on your child's participation in their "occupations," or purposeful activities, throughout the day. For a child, this may include feeding, dressing, grooming, school tasks, hobbies, play and social skills. Gold Coast Pediatric Therapy's services are individually tailored to the needs, goals and priorities of your child and family.

What does an occupational therapist do?

- Evaluate your child to determine their ability to complete age-appropriate tasks in the areas of self-care skills, fine motor skills, eye-hand coordination skills and sensory processing skills. Your customized evaluation may include clinical observation, standardized testing, a parental interview and a written report. A personalized report specially prepared by Gold Coast Pediatric Therapy can be useful for explaining your child's needs to other medical professionals, teachers or family members.
- Develop long-term and short-term goals to address the needs of not only your child, but also your entire family.
- Utilize a sensory integration approach to modify your child's environment and decrease noise and distractions caused by visual, auditory, and tactile stimulation.
- Provide treatment to help your child complete age-appropriate skills and better interact with their environment. Gold Coast Pediatric Therapy offers flexibility in treatment locations to achieve the best results. Treatment may occur at our therapy facility, in your child's home, school and/or in a community activity or facility.
- Collaborate with your child, family, educators and other service providers to encourage improvement in your child's daily tasks and social skills.

What is sensory processing and sensory integration dysfunction?

A child may have difficulty with social interaction and communication because of sensory processing issues. Estimates indicate that 80% of children with autism have sensory processing issues. This means that they have difficulty distinguishing what is and what is not important sensory information from their environment. They do not relate to what is happening around them in the way that other children do. Sensory processing issues can manifest into issues with behavior, following directions and attention span.

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Jennie Lewin Kreger, OTR/L

How can Gold Coast Pediatric Therapy help my child with sensory processing/sensory integration?

The therapists at Gold Coast Pediatric Therapy can provide practical things you can do throughout your child's day to address their sensory issues so that your child will be better able to complete daily tasks. Families at Gold Coast Pediatric Therapy receive one-on-one attention from the therapists. The sessions focus on your child, incorporate age-appropriate active and interactive play activities and provide your child with problem-solving activities. Sessions are a great time for parents to gain a better perspective on the issues facing their child, to ask the therapist questions, and to interact with their child in a fun way. Through education and demonstration, families gain a better understanding of sensory processing and sensory integration.

What can parents and families of children with ADHD do?

- Educate yourself about ADHD, and how it affects your child's ability to manage their daily life.
- Seek professional services to help provide resources for you, your child and your family.
- Utilize charts and checklists as a guide for completion of daily tasks.
- Be consistent in the establishment of rules for home, leisure activities and school tasks.
- Break-down school and home assignments into a two-step process: (1) listening to and understanding instructions, and (2) completing the task.
- Provide your child with noncompetitive physical activities outside of school, such as martial arts, swimming and horseback riding.

How can I find occupational therapy for my child?

Gold Coast Pediatric Therapy is a premier private practice in central Boca Raton offering pediatric occupational therapy services. Jennie Lewin Kreger, the founding therapist, has over ten years of experience in pediatrics and occupational therapy. Her work has been published in peer-reviewed journals and textbooks, and she has traveled the world presenting to physicians and therapists.

Occupational therapy is a skilled health, rehabilitation and education service covered by private insurance, Medicare, Medicaid, worker's compensation, vocational programs, behavioral health programs, early intervention, and school programs. Preschool and school-age children and youth (to age 21) may be eligible for occupational therapy services under the Individuals with Disabilities Education Act or Section 504 of the Rehabilitation Act.

Contact Jennie Lewin Kreger, OTR/L at Gold Coast Pediatric Therapy at (561) 368-9700 to schedule your free screening and learn more about our innovative treatment options.
