

## How does a student get referred to a School Based Rehabilitation Professional?

A referral for School Based Rehabilitation can be initiated by School Staff, Parent/Guardian or another Health Care Provider. The need for a referral is discussed at the School Planning Team meeting. A written referral must be signed by the Parents/Guardians and is sent to the Community of Schools. The referral is then sent on to the School Based Rehabilitation Professionals.

## When will the student be seen?

Each referral received is prioritized by the School Based Rehabilitation Professionals. The student is then placed on a waiting list.

## What does a School Based Rehabilitation Professional do after an assessment?

After a student is assessed by the School Based Occupational Therapist or Physiotherapist, a written report is sent to the school and parent/guardian. This report will provide ideas that the school staff and family can follow. This report may include suggestions for changes to a student's positioning, or to classroom environment, and the need for specific equipment and/or exercises. There may also be recommendations for other services within or outside of the school.

## In-services

Both Occupational Therapists and Physiotherapists are available to provide education sessions on topics such as:

- Handwriting
- Self-care
- Transferring and Lifting Techniques
- Mobility and Range of Motion
- Fine motor skills
- Positioning
- Seating
- Ergonomics
- Use of adaptive equipment
- Physical education activities
- Environmental and Physical Modifications



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**SCHOOL BASED  
CONSULTATIVE  
REHABILITATION SERVICES**

**OCCUPATIONAL THERAPY  
and  
PHYSIOTHERAPY**



## What is School Based Consultative Rehabilitation Service?

The South Shore District Health Authority has partnered with the South Shore Regional School Board to provide Rehabilitation Services in the schools. This includes occupational therapy and physiotherapy on a consultative basis.

The goal of School Based Rehabilitation Professionals is to enable children to fulfill their role of being a student and to work together with the student, their families and the school team.



**For additional information on  
Rehabilitation Services please call**

**(902) 527-2215**

## What is a School Based Consultative Occupational Therapist?

The “occupations” of students consist of both academic participation including development of life skills and non-academic participation including social interaction, play, self care. A School Based Occupational Therapist (OT) focuses on enhancing a student’s ability to participate in the school environment. Lack of participation may be due to a physical, emotional, sensory, or cognitive impairment.

### What does a School Based Consultative OT do?

An OT assesses and provides recommendations to enhance fine motor skills, self-care skills, eye-hand coordination, visual perception and motor planning, seating, and access to the environment.

### When to refer to a School Based Consultative OT?

A student may be referred for an OT assessment at school when:

- They have difficulty with fine motor activities such as buttoning, zipping, cutting, and handwriting
- They have difficulty with self-care activities such as toileting, dressing and eating
- They have difficulty with visual perception and motor planning such as copying from the board or reversing letters or numbers
- They have difficulty with seating and positioning such as maintaining proper posture in a wheelchair or school desk

## What is a School Based Consultative Physiotherapist?

A School Based Physiotherapist (PT) focuses on improving and maintaining a student’s functional independence and physical performance within the school environment. Mobility concerns may be due to physical impairment, pain, disabilities and limits to participation.

### What does a School Based Consultative PT do?

A PT assesses gross motor skills, coordination and positioning and provides advice on appropriate exercises, and activities to improve overall mobility. PTs are involved with promoting fitness, health and wellness.

### When to refer to a School Based Consultative PT?

A student may be referred for a PT assessment at school when:

- They have difficulty mobilizing within the school environment such as transferring from one surface to another (chair to change table) and climbing up and down stairs
- They have difficulty with positioning or maintaining proper posture such as having floppy or rigid movement and an inability to sit or stand unsupported
- They have difficulty with gross motor and coordination of activities such as walking, running, jumping, ball skills and balance