# Occupational Therapy

Research shows that more than 50 percent of individuals with learning difficulties may also have sensorimotor difficulties. Occupational Therapists are the experts on the development of sensory and motor skills. These skills are other foundational skills, besides language, that can affect the development of academic skills or interfere with academic performance. The individual who has language and sensorimotor deficits are struggling even harder to develop their skills and perform daily activities. Sensorimotor difficulties may include:

- oral-motor and motor planning difficulty
- fine and gross motor difficulties – trouble tying a shoe, cutting with scissors, eating with utensils or jumping rope
- visual perceptual delays – poor depth perception, poor figure ground
- somatosensory deficits – poor body awareness, coordination, or clumsiness
- sensory hypersensitivity – overly sensitive to smells, tastes, etc...

***Occupational therapy helps individuals (children and adults) overcome obstacles that can accompany and compound learning difficulties.***

At **The Morris Center**, individuals with sensory motor difficulties will receive 5 to 10 hours of OT per week, in addition to the language therapy. Our occupational therapists understand the close relationship between language-based learning and sensorimotor difficulties, and confer with the language therapists daily regarding treatment progress. In OT individuals work to improve overall core strength, balance, visual processing, sensory processing and coordination. Additionally, special attention is paid toward improving handwriting, oral control and ocular motor skills. Strengthening these areas will help improve sensorimotor skills, academic skills, build self-confidence and enhance self-esteem.