

# Occupational Therapy Challenge



**Grade Level:** 6-12

*All HOTT lesson plans are designed with the purpose of increasing students' awareness of the variety of health careers that are available to them. If possible, invite the corresponding health professional into your classroom to discuss his/her occupation. If this is not an option, use the attached sheet(s) to share this/these career(s) with your students.*

**Purpose:** Students use creativity to develop an alternative way for a disabled patient to complete a daily task.

**Materials needed:** none, simply the students creativity

**Duration:** 1 – 2 class periods (more time if you want the students to develop adaptive equipment to aid in the task).

**Instructions:**

*“Occupational therapists plan and implement purposeful, goal-oriented activities to diagnose, evaluate and treat people whose function is impaired by physical illness or injury, emotional disorders, congenital or developmental disability or aging. They use a variety of techniques to help individuals develop or maintain daily living skills and cope with the physical and emotional effects of disability. They help patients learn or re-learn the tasks needed for everyday life at home, work and school. Their goal is to help patients have independent, productive and satisfying lifestyles.*

*Therapy programs are planned to include a very wide variety of activities which will help rehabilitate patients and are often specifically tailored to a patient's individual needs and interests. For example, toys and games are often used in therapy for children. A patient suffering short-term memory loss might be encouraged to make lists to aid recall. Computer programs may be used to help patients improve decision making, abstract reasoning, problem solving and perceptual skills like color discrimination.” ... South Dakota Career Insight*

- Ask students if they know anyone or have heard of anyone with a disability that uses alternatives to complete daily tasks. After brainstorming, tell the students their assignment (it might help to print of the description of an occupational therapist for the students to reference)
- Students will take on the role of an occupational therapist with the job of helping a client/patient find an alternative way to complete a daily task.
- The student needs to use his or her creativity to find an alternative way to complete the task based on the patient's injury or injuries. Teachers can pick what injury the patient has: broken arm, paraplegic, quadriplegic, broken leg, neck injury, etc... You can also let the students choose but make sure to the student understands the restrictions of each disability. Explain to them the restrictions of each disability. The student may need to do research to learn more about the disability.

- After the students brainstorm they should write down a procedure including step by step directions and actions (including any adaptive equipment that is needed)
- Encourage students to try out their idea while pretending to have the disability in order to gain a better understanding of their overall concept.
- Have students present their ideas to the class.

**References:**

- SD Office of Rural Health