Occasional Therapy!

by Mallory & Jade Ryan

“Occupational therapy is the art and science of enabling engagement in everyday living, through occupation; of enabling people to perform the occupations that foster health and well-being; and of enabling a just and inclusive society so that all people may participate to their potential in the daily occupations of life.” (Townsend & Polatajko, 2007)

As Occupational Therapists we address leisure occupations too! We strive to promote inclusivity in the community; it is our goal to enable individuals of all abilities to participate in the meaningful occupation of Dance! The opportunities are endless; Dancers can learn new skills, meet new people, express themselves, develop confidence, and take the stage!

How do we do this?

Our OT Enablement Skills

- **Advocate** for students of all abilities within dance studios
- **Consult** with key players, parent advocates & other therapists to develop program
- **Design** class structure, choreography, & costuming using client-centered values
- **Coordinate** volunteer buddies for each dancer
- **Engage** students through individualized strength-based approach
- **Collaborate** with families!
- **Coach** a team of volunteers to develop skills facilitating participation of every dancer
- **Adapt** dance class to provide appropriate level of challenge for each student
- **Educate** others to promote inclusivity & social change

Defining OCCUPATION

“Occupational therapists define an occupation as much more than a chosen career. Occupation refers to everything that people do during the course of everyday life. Each of us have many occupations that are essential to our health and well-being. Occupational therapists believe that occupations describe who you are and how you feel about yourself. A child, for example, might have occupations as a student, a playmate, a dancer and a table-setter.” (www.caot.ca)