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“Say What?” - Some commonly used Terms in Occupational therapy

Occupation: In the context of occupational therapy, "occupation" refers to the activities that people do to engage with the world around them. This includes work, play/Leisure, self-care, and social participation.

ADL/ BADL- Activities of daily living- A term used to refer to everyday tasks like eating, dressing, bathing, and mobility. These are basic self-care activities.

IADL- Instrumental activities of daily living - are more complex tasks than basic ADLs (Activities of Daily Living). IADLs are essential for an individual to live independently and manage their household effectively. They typically include: **Managing Finances, Handling Transportation, Shopping, Preparing Meals, Managing Medications, Housekeeping, Using Communication Devices.**

Sensory processing refers to the way the nervous system receives, organizes, and responds to sensory input from the environment and the body. This process involves the interpretation of information from the five senses (sight, sound, touch, taste, and smell) as well as from internal sensations like balance (vestibular sense) and body position (proprioception)

A **Sensory Profile** is an assessment tool used to evaluate how individuals process sensory information and how it affects their daily life, behaviour, and overall functioning. It helps to identify sensory processing patterns that may be impacting a person's ability to engage in typical activities or interact with their environment

"Stimming,": Self-stimulatory behavior, often referred to as **"stimming,"** involves repetitive body movements, sounds, or behaviors that are used by individuals to self-regulate emotions, cope with sensory input, or manage stress.

Dysregulation: Dysregulation refers to difficulties in managing and controlling emotional and physiological responses to internal and external stimuli. It can manifest as intense, overwhelming reactions to situations or sensory experiences that neurotypical individuals might find manageable.



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Emotional regulation refers to the ability to manage and respond to emotions in an appropriate and healthy way. It involves a variety of skills, such as:

- **Identifying emotions:** Recognizing and labeling your own emotions and the emotions of others.
- **Understanding emotions:** Understanding the causes and effects of emotions.
- **Expressing emotions:** Expressing emotions in healthy and appropriate ways.
- **Managing emotions:** Regulating the intensity and duration of emotions.
- **Coping with emotions:** Developing healthy coping strategies to deal with difficult emotions.

Good emotional regulation skills are essential for mental health and well-being. They help us to build strong relationships, manage stress, and achieve our goals.

Functional capacity: Functional capacity refers to a person's ability to perform everyday activities. It's a measure of how well someone can carry out tasks like:

- **Personal care:** Bathing, dressing, grooming, and using the toilet.
- **Mobility:** Walking, climbing stairs, and using mobility aids.
- **Communication:** Speaking, understanding, and using language.
- **Social interaction:** Interacting with others, building relationships, and participating in social activities.
- **Learning:** Acquiring new skills and knowledge.
- **Self-management:** Making decisions, problem-solving, and managing emotions.

Functional capacity assessments are often used to determine a person's eligibility for support services, such as the National Disability Insurance Scheme (NDIS) in Australia. They help assess the level of support needed to help individuals participate in their community and live independently.

Fine Motor Skills

- Involve small muscle movements, primarily in the hands and fingers.
- Examples:
 - Writing
 - Drawing
 - Buttoning clothes
 - Using utensils
 - Playing with small toys

Gross Motor Skills



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- Involve large muscle movements, primarily in the arms, legs, and torso.
- Examples:
 - Running
 - Jumping
 - Climbing
 - Throwing
 - Kicking
 - Balancing

Home Modification

Home modification refers to changes or adjustments made to a home environment to make it more accessible and functional for individuals with disabilities or limitations. These modifications can be simple or complex, depending on the specific needs of the person. Some common examples of home modifications include:

- **Ramp installation:** To eliminate stairs and improve accessibility.
- **Widening doorways:** To accommodate wheelchairs or walkers.
- **Lowering countertops and cabinets:** To make them easier to reach.
- **Installing grab bars:** To provide support for balance and stability.
- **Modifying bathroom fixtures:** To make them more accessible for bathing and toileting.

Assistive Technology

Assistive technology (AT) refers to any device, piece of equipment, or product system that is used to increase, maintain, or improve the functional capabilities of individuals with disabilities. AT can be high-tech or low-tech, and it can be used to support a wide range of activities, such as:

- **Communication:** Speech synthesizers, communication boards, and augmentative communication devices.
- **Mobility:** Wheelchairs, walkers, scooters, and adaptive seating.
- **Computer access:** Screen readers, voice recognition software, and alternative input devices.
- **Daily living skills:** Adaptive utensils, button hooks, and reachers.



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Self-care is the practice of taking care of one's own physical, mental, and emotional health. It involves making choices and taking actions that promote well-being. Self-care activities can vary widely from person to person, but they typically include things like:

- **Physical self-care:** Eating healthy foods, getting enough sleep, exercising regularly, and practicing good hygiene.
- **Mental self-care:** Engaging in activities that stimulate the mind, such as reading, learning new skills, or practicing mindfulness.
- **Emotional self-care:** Spending time with loved ones, practicing relaxation techniques, and seeking professional help when needed.

Self-care is important for everyone, but it is especially important for people who are experiencing stress, anxiety, or other mental health challenges. By taking care of ourselves, we can improve our overall well-being and reduce our risk of developing mental health problems.