
North Carolina Department of Public Instruction

Exceptional Children Division

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Program-based Work for OTs and PTs

In response to requests from NC Exceptional Children Directors, these suggestions are provided to maximize OT and PT FTE when caseload fluctuations result in available time for therapy personnel. OT and PT staff can contribute richly to local programs and build capacity within an LEA, as follows:

- Train instructional and support staff regarding:
 - movement-based instructional methods
 - environmental adaptations and accommodations
 - playground games and activity ideas
 - indoor games and activity ideas (for rainy days)
 - teaching students personal care skills and routines
 - ergonomics and injury prevention
 - appropriate lifting and physical transfer technique
 - health promotion
 - disability awareness
 - appropriate handling of students during building evacuation
 - occupational therapy and physical therapy role in education
 - sensory processing and learning
- Train special education transportation staff regarding:
 - commonly encountered diseases/disabilities
 - precautions
 - orientation to medical/mobility/positioning equipment
 - ergonomics/appropriate lifting technique
 - appropriate handling of students during bus evacuation
 - health awareness
 - injury prevention
- Train students regarding:
 - health promotion and body awareness/care
 - disability awareness
 - injury prevention
 - social and interaction skills
 - exploring occupational and physical therapy as health professions
- Consult and assist Central Administration teams with:
 - planning for new construction or building renovation for accessibility of entrances/exits, classrooms, halls, bathrooms, playgrounds, libraries, cafeterias, gyms, auditoriums, etc.
 - planning for equipment and furnishings for new classrooms or educational programs
 - curriculum and instruction design (e.g., handwriting instruction; movement-based teaching strategies; use of traditionally non-academic time for concept reinforcement)
 - programming for Governor mandated Disability Awareness Month (October), as well as Physical Therapy Month (also October) and Occupational Therapy Month (April)
 - assessing office ergonomics and body mechanics for central office and other staff