

## OCCUPATIONAL THERAPY

### FAST FACTS

Milestones staff address these therapeutic needs:

- fine motor
- self-care
- sensory processing
- balance
- play
- visual-motor
- adaptive equipment
- splinting/serial casting
- assistive technology
- modulation/attention
- timing/sequencing
- coordination

Milestones Occupational Therapy Department is incontrovertibly among the most progressive and diverse teams in the area. Our OTs, single-minded in their desire to promote the greatest functional independence in daily living skills, go about accomplishing their goals for our children using a variety of specialties. We have built our reputation upon our Sensory Integrative Approach to treatment. We offer staff certified in administration of the **Sensory Integration and Praxis Test (SIPT)** which is an extensive in-depth assessment pinpointing specific sensory-based disorders.

**AUTISM** As part of our specialization in Autism Spectrum disorders, Milestones has therapists on staff who are certified to administer the Autism Diagnostic Observation Schedule (ADOS). ADOS provides a measure of Autism Spectrum Disorder that is independent of language, and so can be used to screen both children and adults. We also have staff specializing in Autistic Spectrum Disorders using well known SI approaches and the new **Relationship Development Intervention (RDI)** program which treats the core deficits of Autism and is the only clinical treatment program ever shown to change a child's diagnostic classification. Additionally, Milestones' team is leading the nation in its treatment of Autism using **TheraSuit Technology** to give deep proprioceptive input along with modifications made to **The Universal Equipment Unit** for vestibular input and processing which enhances language skills, balance and thought organization.

**CEREBRAL PALSY** For our patients facing more physical involvement such as Cerebral Palsy, we have staff trained in **NDT**. Our skilled OT department is extremely innovative in their adaptations of toys and tools for facilitating functional independence. Additionally, our team includes dually licensed Visual Impairment Specialist/OT's and are in developmental stages for a full-blown visual rehabilitation program slated to begin in early 2005.

**ADHD** For our clients with ADHD, we offer **Interactive Metronome** (a sophisticated computer based protocol which works to facilitate timing and sequencing skills that are the foundations for motor sequencing in speech and language, attention, reading and all motor acts) and **Therapeutic Listening** for attention and modulation disorders. Additionally, we are thrilled to be able to offer **CranioSacral Therapy** intervention and a fun-filled **Handwriting Camp** each summer led by our OT department.

Children and adults alike realize the benefit of a team-based approach, whole-person assessment and customized treatment plans. ■

## MILESTONES THERAPEUTIC ASSOCIATES

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